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Interaction of Nutrition and Exercise for Health Promotion and Exercise Performance Enhancement

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Message from the Guest Editors

Adopting a specific diet, accompanied by systematic physical activity or organized exercise training, is essential for maintaining and improving various aspects of wellbeing (e.g., physical, mental, and social health) in healthy and clinical populations. On the other hand, diet and exercise are crucial for exercise performance enhancement in athletes and people who are training regularly. This Special Issue aims to provide further evidence that exercise and diet may act synergistically for the promotion of health and the improvement of exercise performance. Emphasis will be given to the effect of promising and popular diets, such as time-restricted feeding, the Mediterranean diet, high-protein diets, low-carbohydrate diets, etc., combined with various forms of exercise, including high-intensity interval training, high-intensity functional training, and sprint interval training, as well as regular low-intensity exercise, such as walking.



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