



## Exercise and Nutritional Interventions for Older Adults

Guest Editors:

**Dr. Justin Keogh**

Faculty of Health Sciences and  
Medicine, Bond University, Gold  
Coast, QLD 4226, Australia

**Prof. Dr. Michelle Miller**

College of Nursing and Health  
Sciences, Flinders University,  
Bedford Park, 5042, South  
Australia

**Dr. Brad Schoenfeld**

Department of Health Sciences,  
CUNY Lehman College, Bronx, NY  
10468, USA

Deadline for manuscript  
submissions:

**closed (31 December 2020)**

### Message from the Guest Editors

Living to a ripe old age is the goal of many people, as it allows a vast variety of life experiences to be had. What, then, may be some strategies that increase our chance to reach such an age and to maintain good health? While the healthcare systems in many Western countries focus on a pharmacological approach to this question, increasing evidence points to the importance of exercise and diet to achieve these outcomes. However, there are still many gaps in our knowledge regarding exercise and diet in improving the lives of older adults. For example, what constitutes the optimal exercise prescription and dietary intake is still not completely understood, especially for older adults with sarcopenia, frailty and other chronic diseases. Further, we have still not been effective in increasing the prevalence of physical activity and suitable dietary intakes for older adults. We therefore welcome submissions of original research or systematic reviews examining the efficacy of different physical activity and nutritional strategies for older adults or studies examining ways in which we can increase the prevalence of physical activity and dietary intakes for older adults.





an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)

## Contact Us

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI