



## **Nutrition, Physical Activity Interventions for Children Immunity Development**

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### **Message from the Guest Editor**

Daily physical activity and nutrition are important in a healthy lifestyle, with potential benefits to immunity development in children. Infections of the upper respiratory tract, and the associated symptoms (i.e., childhood asthma), are the most frequent presentations to general practitioners. Regular moderate physical activity might be particularly beneficial for enhancing one's immune system and reducing the risk of infection. However, many questions in this topic remain to be explored, such as the optimal type, duration, and timing of physical activity in relation to immunity development in children, the extent to which immune alterations translate to protection, and the underlying mechanisms by which physical activity improves immunity. Multi-nutrients may be beneficial for those with a preexisting deficiency but not if normal dietary intake is sufficient in children. In this issue, together with daily physical activity, we must consider the role of nutritional elements in children's immune development, including probiotics, bovine colostrum, and some plant-derived products, but only in specific contexts.





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