



Development Sustainable with Diet and Physical Activity on Health and Performance

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Message from the Guest Editors

In the context of sustainable development, nutrition and physical activity are key factors for developing and maintaining good health and performance. Sustainable diets are a kind of diet with low environmental impact which contribute to food and nutrition security and to healthy life, while also, optimizing natural and human resources for present and future generations. Physical activity is an effective strategy to reduce non-communicable diseases and road traffic deaths, decrease the morbidity and mortality caused by air pollution, and improve mental health. Therefore, there is a strong synergy between nutrition and physical activity and SGDs.

In this Special Issue, we focus on four aims that are vital to sustainable development:

1. To improve scientific knowledge of ensuring healthy living in athletes and various people in the community;
2. To increase evidence on promoting well-being for all at all ages between athletes and amateurs;
3. To increase the development of scientific foundations with quality of life and physical activity on health and performance of different communities;
4. To increase awareness of diet about the health and performance of different communities.





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Message from the Editor-in-Chief

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