



Nutrition and Exercise in the Health Sciences

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Message from the Guest Editors

It has been found that the prevention and treatment of chronic diseases cannot be addressed exclusively with drug treatment, health care, and hospitalization. There is evidence that both physical exercise and nutrition are primary elements in reducing the risk of developing numerous diseases. The evidence of the usefulness of physical exercise as a primary element in the prevention and treatment of chronic disease means that exercise has moved from exclusively being seen as a competitive sporting activity to being used for the prevention and treatment of some chronic diseases. It is also known that some nutrients reduce the risk of numerous diseases. However, further research is required to elucidate the essential components of exercise and nutrition protocols in the prevention of chronic diseases. For this Special Issue, we aim to integrate new lines of research related to nutrition and exercise and establish the impacts of these factors on human health.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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