



Importance of Physical Activity and Nutrition in Adolescents and Adults

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Message from the Guest Editors

Dear Colleagues,

It is known that physical activity (PA) and exercise enhance the functioning of the musculoskeletal and cardiovascular systems. PA also improves weight control, bone and muscle strength, mental health and mood, ability to perform daily activities, and life span, as well as reducing the risk of cardiovascular disease, type II diabetes, certain cancers, and falls. Nutrition plays a critical role in public health efforts to prevent ill health and promote well-being, for example, by reducing the risk of obesity, cardiovascular disease, and nutrient deficiencies.

PA and nutrition are public health priorities and together are considered one of seven “winnable battles” by the U.S. Centers for Disease Control and Prevention (2015). Winnable battles are priorities with large-scale impact on health and effective strategies to address them. However, strategies must be tailored for individual populations.

This Special Issue is open to the subject area of PA and nutrition in adolescent and adult 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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