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Guest Editor

Integrative Science of Physical Activity and Nutrition for Men's Health

As global health challenges for men continue to increase, the integrative science of physical activity and nutrition is playing an increasingly critical role. Men possess distinct attributes in physiological structure, hormonal profiles, and lifestyle, all of which significantly influence their health outcomes. The risks of lifestyle-related diseases such as obesity, cardiovascular disease, type 2 diabetes, and sarcopenia are continuously rising. These issues often intersect with lower utilization of preventive healthcare services and higher occupational stress among men.

This special issue aims to explore how the intersection of exercise and dietary strategies can enhance men's health, functional capacity, and performance. By integrating insights from physiology, biochemistry, sports medicine, and public health, we seek to understand how movement and nutrition influence male-specific metabolic processes, disease prevention, and quality of life. Through research in this field, we can offer practical, evidence-based strategies, ranging from optimizing athletic performance in elite competitors to promoting long-term functional independence in aging males.

This special issue will focus on the following research directions:

- Exercise physiology and metabolic adaptations in men across different age groups
- Nutritional strategies tailored to male physiological characteristics for endurance, strength, and recovery
- Gender-specific roles of diet and physical activity in chronic disease prevention and management
- Molecular mechanisms of muscle growth, repair, and energy metabolism in men
- Interactions between exercise and dietary supplements in male populations
- Personalized nutrition and fitness approaches based on male-specific genetic and biomarker profiles

We look forward to leveraging these interdisciplinary research findings to advance more targeted biological and behavioral intervention strategies for improving men's health.

Keywords: Exercise Physiology; Nutritional Interventions; Metabolic Health; Chronic Disease Prevention; Human Performance; Sports Nutrition; Lifestyle Medicine; Physical Activity

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