



Special Issue on
The Importance of Sports and Healthy Diet
Call for Papers

We hear a lot about living a healthy lifestyle, but most of us don't know what exactly to do. So, how can we live healthy? The one who has a healthy weight, eats healthy food and exercises on a regular basis is thought to be healthy. It's proved that moderate activities like chores, walking and jogging can build our body and reduce disease. Eating a healthy diet is another part of the healthy lifestyle. It can not only help with weight management but also improve the health and quality of life as we get older. As moderate **sports and healthy diet** can make a big difference to our health, close attention and further research on the relationship between them seem significantly important and necessary.

In this special issue, we intend to invite front-line researchers and authors to submit original research and review articles on exploring **the importance of sports and healthy diet**. Potential topics include, but are not limited to:

- Sports and healthy
- Healthy and balanced diet
- Healthy food
- Food and nutrition
- Reasonable schedules
- Healthy eating and sleeping habits
- Common ways to keep health
- Sports injury

Authors should read over the journal's [Authors' Guidelines](#) carefully before submission. Prospective authors should submit an electronic copy of their complete manuscript through the journal's [Paper Submission System](#).

Please kindly notice that the “**Special Issue**” under your manuscript title is supposed to be specified and the research field “**Special Issue - The Importance of Sports and Healthy Diet**” should be chosen during your submission.

According to the following timetable:

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|---------------------|---------------------|
| Submission Deadline | November 12th, 2014 |
| Publication Date | January 2015 |



Guest Editor:

For further questions or inquiries
Please contact Editorial Assistant at
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