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The Role of Healthy Eating and Physical Activity in Longevity

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In recent years, the role of lifestyle factors—especially diet and physical activity—in promoting longevity has received growing attention in biomedical and public health research. As global populations age, understanding how modifiable behaviors influence lifespan and healthspan has become an important scientific and societal priority. Evidence indicates that healthy dietary patterns and regular physical activity can reduce the risk of chronic diseases, support functional capacity, and improve quality of life in older age.

This Special Issue of *Nutrients*, entitled “The Role of Healthy Eating and Physical Activity in Longevity,” presents research exploring the interactions between nutrition, exercise, and healthy aging. The included contributions examine nutritional strategies for healthy aging, epidemiological and physiological links between physical activity and lifespan, and the combined effects of diet and exercise on age-related health outcomes.

Particular attention is given to studies on specific nutrients, dietary patterns, and the synergistic effects of nutrition and physical activity in promoting longevity. Several articles also address public health strategies that support healthier lifestyles across populations. Together, the articles provide insights into current and emerging approaches to healthy aging and highlight evidence-based strategies that may help extend life expectancy while maintaining functional independence and well-being.

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