

Special Issue

Hydration and Fluid Needs during Physical Activity

Message from the Guest Editors

We are excited to announce a Special Issue in the journal of *Nutrients* that will focus on Hydration during Physical Activity. This Special Issue will specifically address a variety of hydration topics related to the performance, health, heat exposure, safety, recovery, physiology, and other factors that are influenced when fluid balance is altered during physical activity. Our aim is to bring together hydration experts from around the globe, and we hope that you will consider submitting recent data you have compiled that can contribute to the collection of articles in this Special Issue. We encourage outside-the-box concepts, ideas, methodologies, and questions that can invigorate the discussion of this vital topic that has such a huge impact on hundreds of millions of laborers, warfighters, athletes, and recreationally active individuals around the world.

Guest Editors

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Deadline for manuscript submissions

closed (15 April 2021)



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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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