

LuÃ-s B Sardinha

List of Publications by Year in descending order

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Version: 2024-02-01

330
papers

15,266
citations

22099

59
h-index

24915

109
g-index

338
all docs

338
docs citations

338
times ranked

14926
citing authors

#	ARTICLE	IF	CITATIONS
1	Physical activity and clustered cardiovascular risk in children: a cross-sectional study (The European) Tj ETQq1 1 0.784314 rgBT /Overl	6.3	1,188
2	Physical Activity Levels and Patterns of 9- and 15-yr-Old European Children. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 86-92.	0.2	673
3	Objectively measured physical activity and sedentary time in youth: the International childrenâ€™s accelerometry database (ICAD). <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2015, 12, 113.	2.0	556
4	TV Viewing and Physical Activity Are Independently Associated with Metabolic Risk in Children: The European Youth Heart Study. <i>PLoS Medicine</i> , 2006, 3, e488.	3.9	487
5	Using self-determination theory to promote physical activity and weight control: a randomized controlled trial in women. <i>Journal of Behavioral Medicine</i> , 2010, 33, 110-122.	1.1	359
6	Associations between objectively assessed physical activity and indicators of body fatness in 9- to 10-y-old European children: a population-based study from 4 distinct regions in Europe (the European) Tj ETQq0 0 0.2 rgBT /Overl	0.2	10
7	Mediators of Weight Loss and Weight Loss Maintenance in Middleâ€aged Women. <i>Obesity</i> , 2010, 18, 725-735.	1.5	323
8	Low cardiorespiratory fitness is a strong predictor for clustering of cardiovascular disease risk factors in children independent of country, age and sex. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , 2007, 14, 526-531.	3.1	247
9	Motivational â€œspill-overâ€ during weight control: Increased self-determination and exercise intrinsic motivation predict eating self-regulation.. <i>Health Psychology</i> , 2009, 28, 709-716.	1.3	239
10	Exercise Autonomous Motivation Predicts 3-yr Weight Loss in Women. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 728-737.	0.2	226
11	Ethnicityâ€related skeletal muscle differences across the lifespan. <i>American Journal of Human Biology</i> , 2010, 22, 76-82.	0.8	200
12	Fitness, fatness and clustering of cardiovascular risk factors in children from Denmark, Estonia and Portugal: The European Youth Heart Study. <i>Pediatric Obesity</i> , 2008, 3, 58-66.	3.2	195
13	Sedentary behavior and physical activity are independently related to functional fitness in older adults. <i>Experimental Gerontology</i> , 2012, 47, 908-912.	1.2	178
14	Receiver operating characteristic analysis of body mass index, triceps skinfold thickness, and arm girth for obesity screening in children and adolescents. <i>American Journal of Clinical Nutrition</i> , 1999, 70, 1090-1095.	2.2	176
15	Variations in accelerometry measured physical activity and sedentary time across Europe â€ harmonized analyses of 47,497 children and adolescents. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2020, 17, 38.	2.0	176
16	Sarcopenia and physical independence in older adults: the independent and synergic role of muscle mass and muscle function. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2017, 8, 245-250.	2.9	161
17	Objectively Measured Time Spent Sedentary Is Associated With Insulin Resistance Independent of Overall and Central Body Fat in 9- to 10-Year-Old Portuguese Children. <i>Diabetes Care</i> , 2008, 31, 569-575.	4.3	159
18	Sedentary time in older adults: a critical review of measurement, associations with health, and interventions. <i>British Journal of Sports Medicine</i> , 2017, 51, 1539-1539.	3.1	155

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19	Associations between organized sports participation and objectively measured physical activity, sedentary time and weight status in youth. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 154-157.	0.6	154
20	Reference Values for Body Composition and Anthropometric Measurements in Athletes. <i>PLoS ONE</i> , 2014, 9, e97846.	1.1	147
21	Total and Regional Fat and Serum Cardiovascular Disease Risk Factors in Lean and Obese Children and Adolescents. <i>Obesity</i> , 2001, 9, 432-442.	4.0	146
22	Prevalence of the Portuguese Population Attaining Sufficient Physical Activity. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 466-473.	0.2	144
23	Exercise Motivation, Eating, and Body Image Variables as Predictors of Weight Control. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 179-188.	0.2	141
24	A randomized controlled trial to evaluate self-determination theory for exercise adherence and weight control: rationale and intervention description. <i>BMC Public Health</i> , 2008, 8, 234.	1.2	140
25	Breaking-up Sedentary Time Is Associated With Physical Function in Older Adults. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2015, 70, 119-124.	1.7	135
26	Prevalence and correlates of the metabolic syndrome in a population-based sample of European youth. <i>American Journal of Clinical Nutrition</i> , 2009, 89, 90-96.	2.2	131
27	How does academic achievement relate to cardiorespiratory fitness, self-reported physical activity and objectively reported physical activity: a systematic review in children and adolescents aged 6â€“18 years. <i>British Journal of Sports Medicine</i> , 2018, 52, 1039-1039.	3.1	130
28	Weight loss readiness in middle-aged women: psychosocial predictors of success for behavioral weight reduction. <i>Journal of Behavioral Medicine</i> , 2002, 25, 499-523.	1.1	121
29	Predicting short-term weight loss using four leading health behavior change theories. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2007, 4, 14.	2.0	119
30	The independent associations of sedentary behaviour and physical activity on cardiorespiratory fitness. <i>British Journal of Sports Medicine</i> , 2014, 48, 1508-1512.	3.1	117
31	Sedentary Time and Physical Activity Surveillance Through Accelerometer Pooling in Four European Countries. <i>Sports Medicine</i> , 2017, 47, 1421-1435.	3.1	117
32	A Comparison between BMI, Waist Circumference, and Waist-To-Height Ratio for Identifying Cardio-Metabolic Risk in Children and Adolescents. <i>PLoS ONE</i> , 2016, 11, e0149351.	1.1	117
33	Sexual dimorphism of adipose tissue distribution across the lifespan: a cross-sectional whole-body magnetic resonance imaging study. <i>Nutrition and Metabolism</i> , 2009, 6, 17.	1.3	106
34	Physical activity intensity, bout-duration, and cardiometabolic risk markers in children and adolescents. <i>International Journal of Obesity</i> , 2018, 42, 1639-1650.	1.6	102
35	Objectively Measured Physical Activity and Bone Strength in 9-Year-Old Boys and Girls. <i>Pediatrics</i> , 2008, 122, e728-e736.	1.0	101
36	Phase angle and bioelectrical impedance vector analysis in the evaluation of body composition in athletes. <i>Clinical Nutrition</i> , 2020, 39, 447-454.	2.3	101

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37	Bone mineral mass in males and females with and without Down syndrome. <i>Osteoporosis International</i> , 2005, 16, 380-388.	1.3	100
38	Helping overweight women become more active: Need support and motivational regulations for different forms of physical activity. <i>Psychology of Sport and Exercise</i> , 2010, 11, 591-601.	1.1	98
39	Resistance training improves inflammatory level, lipid and glycemic profiles in obese older women: A randomized controlled trial. <i>Experimental Gerontology</i> , 2016, 84, 80-87.	1.2	92
40	A New Approach to Define and Diagnose Cardiometabolic Disorder in Children. <i>Journal of Diabetes Research</i> , 2015, 2015, 1-10.	1.0	90
41	Who will lose weight? A reexamination of predictors of weight loss in women. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2004, 1, 12.	2.0	89
42	What is the metabolic and energy cost of sitting, standing and sit/stand transitions?. <i>European Journal of Applied Physiology</i> , 2016, 116, 263-273.	1.2	89
43	Assessing the Validity of Body Mass Index Standards in Early Postmenopausal Women. <i>Obesity</i> , 2002, 10, 799-808.	4.0	87
44	Prevalence of overweight and obesity among Portuguese youth: A study in a representative sample of 10-18-year-old children and adolescents. <i>Pediatric Obesity</i> , 2011, 6, e124-e128.	3.2	87
45	The effect of physical activity on weight loss is mediated by eating self-regulation. <i>Patient Education and Counseling</i> , 2010, 79, 320-326.	1.0	84
46	Age-related patterns of vigorous-intensity physical activity in youth: The International Children's Accelerometry Database. <i>Preventive Medicine Reports</i> , 2016, 4, 17-22.	0.8	84
47	Sedentary time in older men and women: an international consensus statement and research priorities. <i>British Journal of Sports Medicine</i> , 2017, 51, 1526-1532.	3.1	84
48	Sedentary patterns, physical activity and health-related physical fitness in youth: a cross-sectional study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 25.	2.0	81
49	Recommended aerobic fitness level for metabolic health in children and adolescents: a study of diagnostic accuracy. <i>British Journal of Sports Medicine</i> , 2011, 45, 722-728.	3.1	77
50	Correlates of objectively assessed physical activity and sedentary time in children: a cross-sectional study (The European Youth Heart Study). <i>BMC Public Health</i> , 2009, 9, 322.	1.2	76
51	Reciprocal effects among changes in weight, body image, and other psychological factors during behavioral obesity treatment: a mediation analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2009, 6, 9.	2.0	76
52	Weather and children's physical activity; how and why do relationships vary between countries?. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 74.	2.0	74
53	Subcutaneous fat patterning in athletes: selection of appropriate sites and standardisation of a novel ultrasound measurement technique: ad hoc working group on body composition, health and performance, under the auspices of the IOC Medical Commission. <i>British Journal of Sports Medicine</i> , 2016, 50, 45-54.	3.1	72
54	Lack of agreement of in vivo raw bioimpedance measurements obtained from two single and multi-frequency bioelectrical impedance devices. <i>European Journal of Clinical Nutrition</i> , 2019, 73, 1077-1083.	1.3	71

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55	Resistance Training in Postmenopausal Women with and without Hormone Therapy. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 555-562.	0.2	69
56	Estimation of total body water and extracellular water with bioimpedance in athletes: A need for athlete-specific prediction models. <i>Clinical Nutrition</i> , 2016, 35, 468-474.	2.3	69
57	Resistance training reduces metabolic syndrome and inflammatory markers in older women: A randomized controlled trial. <i>Journal of Diabetes</i> , 2018, 10, 328-337.	0.8	66
58	Change in body image and psychological well-being during behavioral obesity treatment: Associations with weight loss and maintenance. <i>Body Image</i> , 2010, 7, 187-193.	1.9	65
59	Accuracy of DXA in estimating body composition changes in elite athletes using a four compartment model as the reference method. <i>Nutrition and Metabolism</i> , 2010, 7, 22.	1.3	64
60	Reference values for cardiometabolic risk scores in children and adolescents: Suggesting a common standard. <i>Atherosclerosis</i> , 2018, 278, 299-306.	0.4	64
61	Associations between accelerometry measured physical activity and sedentary time and the metabolic syndrome: A meta-analysis of more than 6000 children and adolescents. <i>Pediatric Obesity</i> , 2020, 15, e12578.	1.4	62
62	Prevalence of Overweight, Obesity, and Abdominal Obesity in a Representative Sample of Portuguese Adults. <i>PLoS ONE</i> , 2012, 7, e47883.	1.1	61
63	Cross-Sectional Associations of Reallocating Time Between Sedentary and Active Behaviours on Cardiometabolic Risk Factors in Young People: An International Children's Accelerometry Database (ICAD) Analysis. <i>Sports Medicine</i> , 2018, 48, 2401-2412.	3.1	61
64	Effect of whey protein supplementation combined with resistance training on body composition, muscular strength, functional capacity, and plasma-metabolism biomarkers in older women with sarcopenic obesity: A randomized, double-blind, placebo-controlled trial. <i>Clinical Nutrition ESPEN</i> , 2019, 32, 88-95.	0.5	61
65	Usefulness of different techniques for measuring body composition changes during weight loss in overweight and obese women. <i>British Journal of Nutrition</i> , 2008, 99, 432-441.	1.2	60
66	Relationship Between Changes in Total-Body Water and Fluid Distribution With Maximal Forearm Strength in Elite Judo Athletes. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 2488-2495.	1.0	60
67	Longitudinal Relationship between Cardiorespiratory Fitness and Academic Achievement. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 839-844.	0.2	60
68	Physical fitness percentiles for Portuguese children and adolescents aged 10-18 years. <i>Journal of Sports Sciences</i> , 2014, 32, 1510-1518.	1.0	59
69	Association between Physical Activity, Sedentary Time, and Healthy Fitness in Youth. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 575-580.	0.2	59
70	The Predictive Role of Raw Bioelectrical Impedance Parameters in Water Compartments and Fluid Distribution Assessed by Dilution Techniques in Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 759.	1.2	57
71	Screen-viewing and the home TV environment: The European Youth Heart Study. <i>Preventive Medicine</i> , 2008, 47, 525-529.	1.6	56
72	Does Birth Weight Influence Physical Activity in Youth? A Combined Analysis of Four Studies Using Objectively Measured Physical Activity. <i>PLoS ONE</i> , 2011, 6, e16125.	1.1	56

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73	Association of socioeconomic position with insulin resistance among children from Denmark, Estonia, and Portugal: cross sectional study. <i>BMJ: British Medical Journal</i> , 2005, 331, 183.	2.4	55
74	The role of lean body mass and physical activity in bone health in children. <i>Journal of Bone and Mineral Metabolism</i> , 2012, 30, 100-108.	1.3	55
75	Normative Functional Fitness Standards and Trends of Portuguese Older Adults: Cross-Cultural Comparisons. <i>Journal of Aging and Physical Activity</i> , 2014, 22, 126-137.	0.5	55
76	Cut-off values for classifying active children and adolescents using the Physical Activity Questionnaire: PAQ-C and PAQ-A. <i>Nutricion Hospitalaria</i> , 2016, 33, 564.	0.2	55
77	Effects of Whey Protein Supplementation Pre- or Post-Resistance Training on Muscle Mass, Muscular Strength, and Functional Capacity in Pre-Conditioned Older Women: A Randomized Clinical Trial. <i>Nutrients</i> , 2018, 10, 563.	1.7	54
78	Association between maternal education and objectively measured physical activity and sedentary time in adolescents. <i>Journal of Epidemiology and Community Health</i> , 2016, 70, 541-548.	2.0	53
79	Classic Bioelectrical Impedance Vector Reference Values for Assessing Body Composition in Male and Female Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 5066.	1.2	53
80	Validity of GT3X and Actiheart to estimate sedentary time and breaks using ActivPAL as the reference in free-living conditions. <i>Gait and Posture</i> , 2015, 41, 917-922.	0.6	51
81	Fitness, fatness, and academic performance in seventh-grade elementary school students. <i>BMC Pediatrics</i> , 2014, 14, 176.	0.7	50
82	The effects of resistance training volume on osteosarcopenic obesity in older women. <i>Journal of Sports Sciences</i> , 2018, 36, 1564-1571.	1.0	49
83	Identifying Athlete Body Fluid Changes During a Competitive Season With Bioelectrical Impedance Vector Analysis. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 361-367.	1.1	49
84	Recommendations for determining the validity of consumer wearable and smartphone step count: expert statement and checklist of the INTERLIVE network. <i>British Journal of Sports Medicine</i> , 2021, 55, 780-793.	3.1	47
85	Skeletal Mass in Adolescent Male Athletes and Nonathletes: Relationships with High-Impact Sports. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 3439-3447.	1.0	46
86	Risk for losing physical independence in older adults: The role of sedentary time, light, and moderate to vigorous physical activity. <i>Maturitas</i> , 2014, 79, 91-95.	1.0	45
87	Physiology of exercise and phase angle: another look at BIA. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 1323-1327.	1.3	45
88	Sedentary Time in Children. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 1097-1104.	0.2	44
89	Recommendations for determining the validity of consumer wearable heart rate devices: expert statement and checklist of the INTERLIVE Network. <i>British Journal of Sports Medicine</i> , 2021, 55, 767-779.	3.1	44
90	Physical Activity and Sedentary Time Associations with Metabolic Health Across Weight Statuses in Children and Adolescents. <i>Obesity</i> , 2017, 25, 1762-1769.	1.5	43

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91	Subcutaneous central fat is associated with cardiovascular risk factors in men independently of total fatness and fitness. <i>Metabolism: Clinical and Experimental</i> , 2000, 49, 1379-1385.	1.5	42
92	Are Skinfold-Based Models Accurate and Suitable for Assessing Changes in Body Composition in Highly Trained Athletes?. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 1688-1696.	1.0	41
93	Total Energy Expenditure Assessment in Elite Junior Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1920-1927.	1.0	41
94	Sedentary Patterns, Physical Activity, and Cardiorespiratory Fitness in Association to Glycemic Control in Type 2 Diabetes Patients. <i>Frontiers in Physiology</i> , 2017, 8, 262.	1.3	41
95	Body composition in taller individuals using DXA: A validation study for athletic and non-athletic populations. <i>Journal of Sports Sciences</i> , 2013, 31, 405-413.	1.0	40
96	Randomized controlled pilot of an intervention to reduce and break-up overweight/obese adults's overall sitting-time. <i>Trials</i> , 2015, 16, 490.	0.7	40
97	Breaking-up sedentary time is associated with impairment in activities of daily living. <i>Experimental Gerontology</i> , 2015, 72, 57-62.	1.2	40
98	Body image change and improved eating self-regulation in a weight management intervention in women. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2011, 8, 75.	2.0	39
99	Is bioelectrical impedance spectroscopy accurate in estimating total body water and its compartments in elite athletes?. <i>Annals of Human Biology</i> , 2013, 40, 152-156.	0.4	39
100	The acute effect of maximal exercise on central and peripheral arterial stiffness indices and hemodynamics in children and adults. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 266-276.	0.9	38
101	Impact of a classroom standing desk intervention on daily objectively measured sedentary behavior and physical activity in youth. <i>Journal of Science and Medicine in Sport</i> , 2018, 21, 919-924.	0.6	38
102	Improvement of cellular health indicators and muscle quality in older women with different resistance training volumes. <i>Journal of Sports Sciences</i> , 2018, 36, 2843-2848.	1.0	38
103	What is the effect of diet and/or exercise interventions on behavioural compensation in non-exercise physical activity and related energy expenditure of free-living adults? A systematic review. <i>British Journal of Nutrition</i> , 2018, 119, 1327-1345.	1.2	38
104	Effect of a 1 year combined aerobic- and weight-training exercise programme on aerobic capacity and ventilatory threshold in patients suffering from coronary artery disease. <i>European Journal of Applied Physiology</i> , 2002, 87, 568-575.	1.2	37
105	Magnesium intake is associated with strength performance in elite basketball, handball and volleyball players. <i>Magnesium Research</i> , 2011, 24, 215-219.	0.4	37
106	Physical Activity and Pediatric Obesity. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 466-473.	0.2	37
107	Changes in regional body composition explain increases in energy expenditure in elite junior basketball players over the season. <i>European Journal of Applied Physiology</i> , 2012, 112, 2727-2737.	1.2	36
108	Effects of combined training with different intensities on vascular health in patients with type 2 diabetes: a 1-year randomized controlled trial. <i>Cardiovascular Diabetology</i> , 2019, 18, 34.	2.7	36

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109	Phase angle predicts physical function in older adults. <i>Archives of Gerontology and Geriatrics</i> , 2020, 90, 104151.	1.4	36
110	Effect of a one-year combined exercise training program on body composition in men with coronary artery disease. <i>Metabolism: Clinical and Experimental</i> , 2003, 52, 1413-1417.	1.5	35
111	Resistance training prescription with different load management methods improves phase angle in older women. <i>European Journal of Sport Science</i> , 2017, 17, 913-921.	1.4	35
112	Relative sit-to-stand power: aging trajectories, functionally relevant cutoff points, and normative data in a large European cohort. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2021, 12, 921-932.	2.9	34
113	Resting heart rate: its correlations and potential for screening metabolic dysfunctions in adolescents. <i>BMC Pediatrics</i> , 2013, 13, 48.	0.7	33
114	Cross-sectional and prospective impact of reallocating sedentary time to physical activity on children's body composition. <i>Pediatric Obesity</i> , 2017, 12, 373-379.	1.4	33
115	Do Physical Activity and Aerobic Fitness Moderate the Association Between Birth Weight and Metabolic Risk in Youth?. <i>Diabetes Care</i> , 2011, 34, 187-192.	4.3	32
116	A PRISMA-Driven Systematic Review of Predictive Equations for Assessing Fat and Fat-Free Mass in Healthy Children and Adolescents Using Multicomponent Molecular Models as the Reference Method. <i>Journal of Obesity</i> , 2013, 2013, 1-14.	1.1	32
117	Equating accelerometer estimates among youth: The Rosetta Stone 2. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 242-249.	0.6	32
118	Evaluation of between-methods agreement of extracellular water measurements in adults and children. <i>American Journal of Clinical Nutrition</i> , 2008, 88, 315-323.	2.2	30
119	Total Body Water Measurements in Adolescent Athletes: A Comparison of Six Field Methods With Deuterium Dilution. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 1225-1237.	1.0	30
120	Weight control behaviors of highly successful weight loss maintainers: the Portuguese Weight Control Registry. <i>Journal of Behavioral Medicine</i> , 2017, 40, 366-371.	1.1	30
121	Tracking of total sedentary time and sedentary patterns in youth: a pooled analysis using the International Children's Accelerometry Database (ICAD). <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2020, 17, 65.	2.0	30
122	Extracellular water: greater expansion with age in African Americans. <i>Journal of Applied Physiology</i> , 2005, 99, 261-267.	1.2	29
123	Association between birth weight and objectively measured sedentary time is mediated by central adiposity: data in 10,793 youth from the International Children's Accelerometry Database. <i>American Journal of Clinical Nutrition</i> , 2015, 101, 983-990.	2.2	29
124	BIA-assessed cellular hydration and muscle performance in youth, adults, and older adults. <i>Clinical Nutrition</i> , 2020, 39, 2624-2630.	2.3	29
125	Fat-free Mass Bioelectrical Impedance Analysis Predictive Equation for Athletes using a 4-Compartment Model. <i>International Journal of Sports Medicine</i> , 2021, 42, 27-32.	0.8	29
126	Comparing several equations that predict peak VO ₂ using the 20-m multistage-shuttle run-test in 8-10-year-old children. <i>European Journal of Applied Physiology</i> , 2011, 111, 839-849.	1.2	28

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127	Extracellular water across the adult lifespan: reference values for adults. <i>Physiological Measurement</i> , 2007, 28, 489-502.	1.2	27
128	Effectiveness of high-intensity interval training combined with resistance training versus continuous moderate-intensity training combined with resistance training in patients with type 2 diabetes: A one-year randomized controlled trial. <i>Diabetes, Obesity and Metabolism</i> , 2019, 21, 550-559.	2.2	27
129	Test-retest reliability of physical fitness tests among young athletes: The FITescola battery. <i>Clinical Physiology and Functional Imaging</i> , 2020, 40, 173-182.	0.5	27
130	Sex Specific Association of Physical Activity on Proximal Femur BMD in 9 to 10 Year-Old Children. <i>PLoS ONE</i> , 2012, 7, e50657.	1.1	27
131	Validity of air-displacement plethysmography in the assessment of body composition changes in a 16-month weight loss program. <i>Nutrition and Metabolism</i> , 2006, 3, 32.	1.3	26
132	Energy Balance over One Athletic Season. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1724-1733.	0.2	26
133	Independent and opposite associations of hip and waist circumference with metabolic syndrome components and with inflammatory and atherothrombotic risk factors in overweight and obese women. <i>Metabolism: Clinical and Experimental</i> , 2008, 57, 1315-1322.	1.5	25
134	Predictors of Psychological Well-Being during Behavioral Obesity Treatment in Women. <i>Journal of Obesity</i> , 2011, 2011, 1-8.	1.1	25
135	Total body water and its compartments are not affected by ingesting a moderate dose of caffeine in healthy young adult males. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013, 38, 626-632.	0.9	25
136	The Impact of Exercise Training on Liver Transplanted Familial Amyloidotic Polyneuropathy (FAP) Patients. <i>Transplantation</i> , 2013, 95, 372-377.	0.5	25
137	Magnesium and phase angle: a prognostic tool for monitoring cellular integrity in judo athletes. <i>Magnesium Research</i> , 2015, 28, 92-98.	0.4	25
138	Criterion-referenced fitness standards for predicting physical independence into later life. <i>Experimental Gerontology</i> , 2015, 61, 142-146.	1.2	25
139	Leucine Metabolites Do Not Enhance Training-induced Performance or Muscle Thickness. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 56-64.	0.2	25
140	Psychometric and cross-national evaluation of a Portuguese version of the Impact of Weight on Quality of Life-Lite (IWQOL-Lite) questionnaire. <i>European Eating Disorders Review</i> , 2005, 13, 133-143.	2.3	24
141	Utility of novel body indices in predicting fat mass in elite athletes. <i>Nutrition</i> , 2015, 31, 948-954.	1.1	24
142	Sedentary bout durations are associated with abdominal obesity in older adults. <i>Journal of Nutrition, Health and Aging</i> , 2015, 19, 798-804.	1.5	24
143	Magnesium, Insulin Resistance and Body Composition in Healthy Postmenopausal Women. <i>Journal of the American College of Nutrition</i> , 2004, 23, 510S-513S.	1.1	23
144	Validity of a combined heart rate and motion sensor for the measurement of free-living energy expenditure in very active individuals. <i>Journal of Science and Medicine in Sport</i> , 2014, 17, 387-393.	0.6	23

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145	Suitability of Bioelectrical Based Methods to Assess Water Compartments in Recreational and Elite Athletes. <i>Journal of the American College of Nutrition</i> , 2016, 35, 413-421.	1.1	23
146	Relative Body Weight and Standardised Brightness-Mode Ultrasound Measurement of Subcutaneous Fat in Athletes: An International Multicentre Reliability Study, Under the Auspices of the IOC Medical Commission. <i>Sports Medicine</i> , 2020, 50, 597-614.	3.1	23
147	Impact of combined training with different exercise intensities on inflammatory and lipid markers in type 2 diabetes: a secondary analysis from a 1-year randomized controlled trial. <i>Cardiovascular Diabetology</i> , 2020, 19, 169.	2.7	23
148	Anthropometric Models to Predict Appendicular Lean Soft Tissue in Adolescent Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 828-836.	0.2	22
149	Waist circumference percentiles for Portuguese children and adolescents aged 10 to 18 years. <i>European Journal of Pediatrics</i> , 2012, 171, 499-505.	1.3	22
150	Correlates of health-related quality of life, psychological well-being, and eating self-regulation after successful weight loss maintenance. <i>Journal of Behavioral Medicine</i> , 2013, 36, 601-610.	1.1	22
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