LuÃ-s B Sardinha

List of Publications by Year
in descending order

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330	15,266	22153	24982
papers	citations	59 h-index	109 g-index

338	338	338	14926
all docs	docs citations	times ranked	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 /Overlock	13.7	1,188
2	Physical Activity Levels and Patterns of 9- and 15-yr-Old European Children. Medicine and Science in Sports and Exercise, 2004, 36, 86-92.	0.4	673
3	Objectively measured physical activity and sedentary time in youth: the International childrenâ€™s accelerometry database (ICAD). International Journal of Behavioral Nutrition and Physical Activity, 2015, 12, 113.	4.6	556
4	TV Viewing and Physical Activity Are Independently Associated with Metabolic Risk in Children: The European Youth Heart Study. PLoS Medicine, 2006, 3, e488.	8.4	487
5	Using self-determination theory to promote physical activity and weight control: a randomized controlled trial in women. Journal of Behavioral Medicine, 2010, 33, 110-122.	2.1	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 rgBT /Overlock 10 T	4.7	340
7	Mediators of Weight Loss and Weight Loss Maintenance in Middleâ€aged Women. Obesity, 2010, 18, 725-735.	3.0	323
8	Low cardiorespiratory fitness is a strong predictor for clustering of cardiovascular disease risk factors in children independent of country, age and sex. European Journal of Cardiovascular Prevention and Rehabilitation, 2007, 14, 526-531.	2.8	247
9	Motivational â€œspill-overâ€•during weight control: Increased self-determination and exercise intrinsic motivation predict eating self-regulation.. Health Psychology, 2009, 28, 709-716.	1.6	239
10	Exercise Autonomous Motivation Predicts 3-yr Weight Loss in Women. Medicine and Science in Sports and Exercise, 2011, 43, 728-737.	0.4	226
11	Ethnicityâ€•related skeletal muscle differences across the lifespan. American Journal of Human Biology, 2010, 22, 76-82.	1.6	200
12	Fitness, fatness and clustering of cardiovascular risk factors in children from Denmark, Estonia and Portugal: The European Youth Heart Study. Pediatric Obesity, 2008, 3, 58-66.	3.2	195
13	Sedentary behavior and physical activity are independently related to functional fitness in older adults. Experimental Gerontology, 2012, 47, 908-912.	2.8	178
14	Receiver operating characteristic analysis of body mass index, triceps skinfold thickness, and arm girth for obesity screening in children and adolescents. American Journal of Clinical Nutrition, 1999, 70, 1090-1095.	4.7	176
15	Variations in accelerometry measured physical activity and sedentary time across Europe â€“ harmonized analyses of 47,497 children and adolescents. International Journal of Behavioral Nutrition and Physical Activity, 2020, 17, 38.	4.6	176
16	Sarcopenia and physical independence in older adults: the independent and synergic role of muscle mass and muscle function. Journal of Cachexia, Sarcopenia and Muscle, 2017, 8, 245-250.	7.3	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. Diabetes Care, 2008, 31, 569-575.	8.6	159
18	Sedentary time in older adults: a critical review of measurement, associations with health, and interventions. British Journal of Sports Medicine, 2017, 51, 1539-1539.	6.7	155

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19	Associations between organized sports participation and objectively measured physical activity, sedentary time and weight status in youth. Journal of Science and Medicine in Sport, 2016, 19, 154-157.	1.3	154
20	Reference Values for Body Composition and Anthropometric Measurements in Athletes. PLoS ONE, 2014, 9, e97846.	2.5	147
21	Total and Regional Fat and Serum Cardiovascular Disease Risk Factors in Lean and Obese Children and Adolescents. Obesity, 2001, 9, 432-442.	4.0	146
22	Prevalence of the Portuguese Population Attaining Sufficient Physical Activity. Medicine and Science in Sports and Exercise, 2012, 44, 466-473.	0.4	144
23	Exercise Motivation, Eating, and Body Image Variables as Predictors of Weight Control. Medicine and Science in Sports and Exercise, 2006, 38, 179-188.	0.4	141
24	A randomized controlled trial to evaluate self-determination theory for exercise adherence and weight control: rationale and intervention description. BMC Public Health, 2008, 8, 234.	2.9	140
25	Breaking-up Sedentary Time Is Associated With Physical Function in Older Adults. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2015, 70, 119-124.	3.6	135
26	Prevalence and correlates of the metabolic syndrome in a population-based sample of European youth. American Journal of Clinical Nutrition, 2009, 89, 90-96.	4.7	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. British Journal of Sports Medicine, 2018, 52, 1039-1039.	6.7	130
28	Weight loss readiness in middle-aged women: psychosocial predictors of success for behavioral weight reduction. Journal of Behavioral Medicine, 2002, 25, 499-523.	2.1	121
29	Predicting short-term weight loss using four leading health behavior change theories. International Journal of Behavioral Nutrition and Physical Activity, 2007, 4, 14.	4.6	119
30	The independent associations of sedentary behaviour and physical activity on cardiorespiratory fitness. British Journal of Sports Medicine, 2014, 48, 1508-1512.	6.7	117
31	Sedentary Time and Physical Activity Surveillance Through Accelerometer Pooling in Four European Countries. Sports Medicine, 2017, 47, 1421-1435.	6.5	117
32	A Comparison between BMI, Waist Circumference, and Waist-To-Height Ratio for Identifying Cardio-Metabolic Risk in Children and Adolescents. PLoS ONE, 2016, 11, e0149351.	2.5	117
33	Sexual dimorphism of adipose tissue distribution across the lifespan: a cross-sectional whole-body magnetic resonance imaging study. Nutrition and Metabolism, 2009, 6, 17.	3.0	106
34	Physical activity intensity, bout-duration, and cardiometabolic risk markers in children and adolescents. International Journal of Obesity, 2018, 42, 1639-1650.	3.4	102
35	Objectively Measured Physical Activity and Bone Strength in 9-Year-Old Boys and Girls. Pediatrics, 2008, 122, e728-e736.	2.1	101
36	Phase angle and bioelectrical impedance vector analysis in the evaluation of body composition in athletes. Clinical Nutrition, 2020, 39, 447-454.	5.0	101

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37	Bone mineral mass in males and females with and without Down syndrome. Osteoporosis International, 2005, 16, 380-388.	3.1	100
38	Helping overweight women become more active: Need support and motivational regulations for different forms of physical activity. Psychology of Sport and Exercise, 2010, 11, 591-601.	2.1	98
39	Resistance training improves inflammatory level, lipid and glycemic profiles in obese older women: A randomized controlled trial. Experimental Gerontology, 2016, 84, 80-87.	2.8	92
40	A New Approach to Define and Diagnose Cardiometabolic Disorder in Children. Journal of Diabetes Research, 2015, 2015, 1-10.	2.3	90
41	Who will lose weight? A reexamination of predictors of weight loss in women. International Journal of Behavioral Nutrition and Physical Activity, 2004, 1, 12.	4.6	89
42	What is the metabolic and energy cost of sitting, standing and sit/stand transitions?. European Journal of Applied Physiology, 2016, 116, 263-273.	2.5	89
43	Assessing the Validity of Body Mass Index Standards in Early Postmenopausal Women. Obesity, 2002, 10, 799-808.	4.0	87
44	Prevalence of overweight and obesity among Portuguese youth: A study in a representative sample of 10â€“18-year-old children and adolescents. Pediatric Obesity, 2011, 6, e124-e128.	3.2	87
45	The effect of physical activity on weight loss is mediated by eating self-regulation. Patient Education and Counseling, 2010, 79, 320-326.	2.2	84
46	Age-related patterns of vigorous-intensity physical activity in youth: The International Children's Accelerometry Database. Preventive Medicine Reports, 2016, 4, 17-22.	1.8	84
47	Sedentary time in older men and women: an international consensus statement and research priorities. British Journal of Sports Medicine, 2017, 51, 1526-1532.	6.7	84
48	Sedentary patterns, physical activity and health-related physical fitness in youth: a cross-sectional study. International Journal of Behavioral Nutrition and Physical Activity, 2017, 14, 25.	4.6	81
49	Recommended aerobic fitness level for metabolic health in children and adolescents: a study of diagnostic accuracy. British Journal of Sports Medicine, 2011, 45, 722-728.	6.7	77
50	Correlates of objectively assessed physical activity and sedentary time in children: a cross-sectional study (The European Youth Heart Study). BMC Public Health, 2009, 9, 322.	2.9	76
51	Reciprocal effects among changes in weight, body image, and other psychological factors during behavioral obesity treatment: a mediation analysis. International Journal of Behavioral Nutrition and Physical Activity, 2009, 6, 9.	4.6	76
52	Weather and childrenâ€™s physical activity; how and why do relationships vary between countries?. International Journal of Behavioral Nutrition and Physical Activity, 2017, 14, 74.	4.6	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. British Journal of Sports Medicine, 2016, 50, 45-54.	6.7	72
54	Lack of agreement of in vivo raw bioimpedance measurements obtained from two single and multi-frequency bioelectrical impedance devices. European Journal of Clinical Nutrition, 2019, 73, 1077-1083.	2.9	71

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55	Resistance Training in Postmenopausal Women with and without Hormone Therapy. Medicine and Science in Sports and Exercise, 2003, 35, 555-562.	0.4	69
56	Estimation of total body water and extracellular water with bioimpedance in athletes: A need for athlete-specific prediction models. Clinical Nutrition, 2016, 35, 468-474.	5.0	69
57	Resistance training reduces metabolic syndrome and inflammatory markers in older women: A randomized controlled trial. Journal of Diabetes, 2018, 10, 328-337.	1.8	66
58	Change in body image and psychological well-being during behavioral obesity treatment: Associations with weight loss and maintenance. Body Image, 2010, 7, 187-193.	4.3	65
59	Accuracy of DXA in estimating body composition changes in elite athletes using a four compartment model as the reference method. Nutrition and Metabolism, 2010, 7, 22.	3.0	64
60	Reference values for cardiometabolic risk scores in children and adolescents: Suggesting a common standard. Atherosclerosis, 2018, 278, 299-306.	0.8	64
61	Associations between accelerometry measured physical activity and sedentary time and the metabolic syndrome: A metaâ€analysis of more than 6000 children and adolescents. Pediatric Obesity, 2020, 15, e12578.	2.8	62
62	Prevalence of Overweight, Obesity, and Abdominal Obesity in a Representative Sample of Portuguese Adults. PLoS ONE, 2012, 7, e47883.	2.5	61
63	Cross-Sectional Associations of Reallocating Time Between Sedentary and Active Behaviours on Cardiometabolic Risk Factors in Young People: An International Childrenâ€™s Accelerometry Database (ICAD) Analysis. Sports Medicine, 2018, 48, 2401-2412.	6.5	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. Clinical Nutrition ESPEN, 2019, 32, 88-95.	1.2	61
65	Usefulness of different techniques for measuring body composition changes during weight loss in overweight and obese women. British Journal of Nutrition, 2008, 99, 432-441.	2.3	60
66	Relationship Between Changes in Total-Body Water and Fluid Distribution With Maximal Forearm Strength in Elite Judo Athletes. Journal of Strength and Conditioning Research, 2011, 25, 2488-2495.	2.1	60
67	Longitudinal Relationship between Cardiorespiratory Fitness and Academic Achievement. Medicine and Science in Sports and Exercise, 2016, 48, 839-844.	0.4	60
68	Physical fitness percentiles for Portuguese children and adolescents aged 10â€“18 years. Journal of Sports Sciences, 2014, 32, 1510-1518.	2.0	59
69	Association between Physical Activity, Sedentary Time, and Healthy Fitness in Youth. Medicine and Science in Sports and Exercise, 2015, 47, 575-580.	0.4	59
70	The Predictive Role of Raw Bioelectrical Impedance Parameters in Water Compartments and Fluid Distribution Assessed by Dilution Techniques in Athletes. International Journal of Environmental Research and Public Health, 2020, 17, 759.	2.6	57
71	Screen-viewing and the home TV environment: The European Youth Heart Study. Preventive Medicine, 2008, 47, 525-529.	3.4	56
72	Does Birth Weight Influence Physical Activity in Youth? A Combined Analysis of Four Studies Using Objectively Measured Physical Activity. PLoS ONE, 2011, 6, e16125.	2.5	56

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73	Association of socioeconomic position with insulin resistance among children from Denmark, Estonia, and Portugal: cross sectional study. BMJ: British Medical Journal, 2005, 331, 183.	2.3	55
74	The role of lean body mass and physical activity in bone health in children. Journal of Bone and Mineral Metabolism, 2012, 30, 100-108.	2.7	55
75	Normative Functional Fitness Standards and Trends of Portuguese Older Adults: Cross-Cultural Comparisons. Journal of Aging and Physical Activity, 2014, 22, 126-137.	1.0	55
76	Cut-off values for classifying active children and adolescentes using the Physical Activity Questionnaire: PAQ-C and PAQ-A. Nutricion Hospitalaria, 2016, 33, 564.	0.3	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. Nutrients, 2018, 10, 563.	4.1	54
78	Association between maternal education and objectively measured physical activity and sedentary time in adolescents. Journal of Epidemiology and Community Health, 2016, 70, 541-548.	3.7	53
79	Classic Bioelectrical Impedance Vector Reference Values for Assessing Body Composition in Male and Female Athletes. International Journal of Environmental Research and Public Health, 2019, 16, 5066.	2.6	53
80	Validity of GT3X and Actiheart to estimate sedentary time and breaks using ActivPAL as the reference in free-living conditions. Gait and Posture, 2015, 41, 917-922.	1.4	51
81	Fitness, fatness, and academic performance in seventh-grade elementary school students. BMC Pediatrics, 2014, 14, 176.	1.7	50
82	The effects of resistance training volume on osteosarcopenic obesity in older women. Journal of Sports Sciences, 2018, 36, 1564-1571.	2.0	49
83	Identifying Athlete Body Fluid Changes During a Competitive Season With Bioelectrical Impedance Vector Analysis. International Journal of Sports Physiology and Performance, 2020, 15, 361-367.	2.3	49
84	Recommendations for determining the validity of consumer wearable and smartphone step count: expert statement and checklist of the INTERLIVE network. British Journal of Sports Medicine, 2021, 55, 780-793.	6.7	47
85	Skeletal Mass in Adolescent Male Athletes and Nonathletes: Relationships with High-Impact Sports. Journal of Strength and Conditioning Research, 2011, 25, 3439-3447.	2.1	46
86	Risk for losing physical independence in older adults: The role of sedentary time, light, and moderate to vigorous physical activity. Maturitas, 2014, 79, 91-95.	2.4	45
87	Physiology of exercise and phase angle: another look at BIA. European Journal of Clinical Nutrition, 2018, 72, 1323-1327.	2.9	45
88	Sedentary Time in Children. Medicine and Science in Sports and Exercise, 2013, 45, 1097-1104.	0.4	44
89	Recommendations for determining the validity of consumer wearable heart rate devices: expert statement and checklist of the INTERLIVE Network. British Journal of Sports Medicine, 2021, 55, 767-779.	6.7	44
90	Physical Activity and Sedentary Time Associations with Metabolic Health Across Weight Statuses in Children and Adolescents. Obesity, 2017, 25, 1762-1769.	3.0	43

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91	Subcutaneous central fat is associated with cardiovascular risk factors in men independently of total fatness and fitness. Metabolism: Clinical and Experimental, 2000, 49, 1379-1385.	3.4	42
92	Are Skinfold-Based Models Accurate and Suitable for Assessing Changes in Body Composition in Highly Trained Athletes?. Journal of Strength and Conditioning Research, 2009, 23, 1688-1696.	2.1	41
93	Total Energy Expenditure Assessment in Elite Junior Basketball Players. Journal of Strength and Conditioning Research, 2013, 27, 1920-1927.	2.1	41
94	Sedentary Patterns, Physical Activity, and Cardiorespiratory Fitness in Association to Glycemic Control in Type 2 Diabetes Patients. Frontiers in Physiology, 2017, 8, 262.	2.8	41
95	Body composition in taller individuals using DXA: A validation study for athletic and non-athletic populations. Journal of Sports Sciences, 2013, 31, 405-413.	2.0	40
96	Randomized controlled pilot of an intervention to reduce and break-up overweight/obese adultsâ€™ overall sitting-time. Trials, 2015, 16, 490.	1.6	40
97	Breaking-up sedentary time is associated with impairment in activities of daily living. Experimental Gerontology, 2015, 72, 57-62.	2.8	40
98	Body image change and improved eating self-regulation in a weight management intervention in women. International Journal of Behavioral Nutrition and Physical Activity, 2011, 8, 75.	4.6	39
99	Is bioelectrical impedance spectroscopy accurate in estimating total body water and its compartments in elite athletes?. Annals of Human Biology, 2013, 40, 152-156.	1.0	39
100	The acute effect of maximal exercise on central and peripheral arterial stiffness indices and hemodynamics in children and adults. Applied Physiology, Nutrition and Metabolism, 2016, 41, 266-276.	1.9	38
101	Impact of a classroom standing desk intervention on daily objectively measured sedentary behavior and physical activity in youth. Journal of Science and Medicine in Sport, 2018, 21, 919-924.	1.3	38
102	Improvement of cellular health indicators and muscle quality in older women with different resistance training volumes. Journal of Sports Sciences, 2018, 36, 2843-2848.	2.0	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. British Journal of Nutrition, 2018, 119, 1327-1345.	2.3	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. European Journal of Applied Physiology, 2002, 87, 568-575.	2.5	37
105	Magnesium intake is associated with strength performance in elite basketball, handball and volleyball players. Magnesium Research, 2011, 24, 215-219.	0.5	37
106	Physical Activity and Pediatric Obesity. Medicine and Science in Sports and Exercise, 2017, 49, 466-473.	0.4	37
107	Changes in regional body composition explain increases in energy expenditure in elite junior basketball players over the season. European Journal of Applied Physiology, 2012, 112, 2727-2737.	2.5	36
108	Effects of combined training with different intensities on vascular health in patients with type 2 diabetes: a 1-year randomized controlled trial. Cardiovascular Diabetology, 2019, 18, 34.	6.8	36

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109	Phase angle predicts physical function in older adults. Archives of Gerontology and Geriatrics, 2020, 90, 104151.	3.0	36
110	Effect of a one-year combined exercise training program on body composition in men with coronary artery disease. Metabolism: Clinical and Experimental, 2003, 52, 1413-1417.	3.4	35
111	Resistance training prescription with different loadâ€management methods improves phase angle in older women. European Journal of Sport Science, 2017, 17, 913-921.	2.7	35
112	Relative sitâ€toâ€stand power: aging trajectories, functionally relevant cutâ€off points, and normative data in a large European cohort. Journal of Cachexia, Sarcopenia and Muscle, 2021, 12, 921-932.	7.3	34
113	Resting heart rate: its correlations and potential for screening metabolic dysfunctions in adolescents. BMC Pediatrics, 2013, 13, 48.	1.7	33
114	Crossâ€sectional and prospective impact of reallocating sedentary time to physical activity on children's body composition. Pediatric Obesity, 2017, 12, 373-379.	2.8	33
115	Do Physical Activity and Aerobic Fitness Moderate the Association Between Birth Weight and Metabolic Risk in Youth?. Diabetes Care, 2011, 34, 187-192.	8.6	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. Journal of Obesity, 2013, 2013, 1-14.	2.7	32
117	Equating accelerometer estimates among youth: The Rosetta Stone 2. Journal of Science and Medicine in Sport, 2016, 19, 242-249.	1.3	32
118	Evaluation of between-methods agreement of extracellular water measurements in adults and children. American Journal of Clinical Nutrition, 2008, 88, 315-323.	4.7	30
119	Total Body Water Measurements in Adolescent Athletes: A Comparison of Six Field Methods With Deuterium Dilution. Journal of Strength and Conditioning Research, 2009, 23, 1225-1237.	2.1	30
120	Weight control behaviors of highly successful weight loss maintainers: the Portuguese Weight Control Registry. Journal of Behavioral Medicine, 2017, 40, 366-371.	2.1	30
121	Tracking of total sedentary time and sedentary patterns in youth: a pooled analysis using the International Childrenâ€™s Accelerometry Database (ICAD). International Journal of Behavioral Nutrition and Physical Activity, 2020, 17, 65.	4.6	30
122	Extracellular water: greater expansion with age in African Americans. Journal of Applied Physiology, 2005, 99, 261-267.	2.5	29
123	Association between birth weight and objectively measured sedentary time is mediated by central adiposity: data in 10,793 youth from the International Childrenâ€™s Accelerometry Database. American Journal of Clinical Nutrition, 2015, 101, 983-990.	4.7	29
124	BIA-assessed cellular hydration and muscle performance in youth, adults, and older adults. Clinical Nutrition, 2020, 39, 2624-2630.	5.0	29
125	Fat-free Mass Bioelectrical Impedance Analysis Predictive Equation for Athletes using a 4-Compartment Model. International Journal of Sports Medicine, 2021, 42, 27-32.	1.7	29
126	Comparing several equations that predict peak VO2 using the 20-m multistage-shuttle run-test in 8â€“10-year-old children. European Journal of Applied Physiology, 2011, 111, 839-849.	2.5	28

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127	Extracellular water across the adult lifespan: reference values for adults. Physiological Measurement, 2007, 28, 489-502.	2.1	27
128	Effectiveness of highâ€intensity interval training combined with resistance training versus continuous moderateâ€intensity training combined with resistance training in patients with type 2 diabetes: A oneâ€year randomized controlled trial. Diabetes, Obesity and Metabolism, 2019, 21, 550-559.	4.4	27
129	Testâ€“retest reliability of physical fitness tests among young athletes: The FITescola^{Â®} battery. Clinical Physiology and Functional Imaging, 2020, 40, 173-182.	1.2	27
130	Sex Specific Association of Physical Activity on Proximal Femur BMD in 9 to 10 Year-Old Children. PLoS ONE, 2012, 7, e50657.	2.5	27
131	Validity of air-displacement plethysmography in the assessment of body composition changes in a 16-month weight loss program. Nutrition and Metabolism, 2006, 3, 32.	3.0	26
132	Energy Balance over One Athletic Season. Medicine and Science in Sports and Exercise, 2017, 49, 1724-1733.	0.4	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. Metabolism: Clinical and Experimental, 2008, 57, 1315-1322.	3.4	25
134	Predictors of Psychological Well-Being during Behavioral Obesity Treatment in Women. Journal of Obesity, 2011, 2011, 1-8.	2.7	25
135	Total body water and its compartments are not affected by ingesting a moderate dose of caffeine in healthy young adult males. Applied Physiology, Nutrition and Metabolism, 2013, 38, 626-632.	1.9	25
136	The Impact of Exercise Training on Liver Transplanted Familial Amyloidotic Polyneuropathy (FAP) Patients. Transplantation, 2013, 95, 372-377.	1.0	25
137	Magnesium and phase angle: a prognostic tool for monitoring cellular integrity in judo athletes. Magnesium Research, 2015, 28, 92-98.	0.5	25
138	Criterion-referenced fitness standards for predicting physical independence into later life. Experimental Gerontology, 2015, 61, 142-146.	2.8	25
139	Leucine Metabolites Do Not Enhance Training-induced Performance or Muscle Thickness. Medicine and Science in Sports and Exercise, 2019, 51, 56-64.	0.4	25
140	Psychometric and cross-national evaluation of a Portuguese version of the Impact of Weight on Quality of Life-Lite (IWQOL-Lite) questionnaire. European Eating Disorders Review, 2005, 13, 133-143.	4.1	24
141	Utility of novel body indices in predicting fat mass in elite athletes. Nutrition, 2015, 31, 948-954.	2.4	24
142	Sedentary bout durations are associated with abdominal obesity in older adults. Journal of Nutrition, Health and Aging, 2015, 19, 798-804.	3.3	24
143	Magnesium, Insulin Resistance and Body Composition in Healthy Postmenopausal Women. Journal of the American College of Nutrition, 2004, 23, 510S-513S.	1.8	23
144	Validity of a combined heart rate and motion sensor for the measurement of free-living energy expenditure in very active individuals. Journal of Science and Medicine in Sport, 2014, 17, 387-393.	1.3	23

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145	Suitability of Bioelectrical Based Methods to Assess Water Compartments in Recreational and Elite Athletes. Journal of the American College of Nutrition, 2016, 35, 413-421.	1.8	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. Sports Medicine, 2020, 50, 597-614.	6.5	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. Cardiovascular Diabetology, 2020, 19, 169.	6.8	23
148	Anthropometric Models to Predict Appendicular Lean Soft Tissue in Adolescent Athletes. Medicine and Science in Sports and Exercise, 2009, 41, 828-836.	0.4	22
149	Waist circumference percentiles for Portuguese children and adolescents aged 10 to 18Âyears. European Journal of Pediatrics, 2012, 171, 499-505.	2.7	22
150	Correlates of health-related quality of life, psychological well-being, and eating self-regulation after successful weight loss maintenance. Journal of Behavioral Medicine, 2013, 36, 601-610.	2.1	22
151	Predicting long-term weight loss maintenance in previously overweight women: A signal detection approach. Obesity, 2015, 23, 957-964.	3.0	22
152	Associations of Vigorous-Intensity Physical Activity with Biomarkers in Youth. Medicine and Science in Sports and Exercise, 2017, 49, 1366-1374.	0.4	22
153	Phase Angle as a Marker of Muscular Strength in Breast Cancer Survivors. International Journal of Environmental Research and Public Health, 2020, 17, 4452.	2.6	22
154	The Association between Physical Activity and Eating Self-Regulation in Overweight and Obese Women. Obesity Facts, 2013, 6, 493-506.	3.4	21
155	Effects of Single Set Resistance Training With Different Frequencies on a Cellular Health Indicator in Older Women. Journal of Aging and Physical Activity, 2018, 26, 537-543.	1.0	21
156	Are cardiorespiratory fitness and moderateâ€toâ€vigorous physical activity independently associated to overweight, obesity, and abdominal obesity in elderly?. American Journal of Human Biology, 2012, 24, 28-34.	1.6	20
157	Associations of breaks in sedentary time with abdominal obesity in Portuguese older adults. Age, 2015, 37, 23.	3.0	20
158	Usefulness of raw bioelectrical impedance parameters in tracking fluid shifts in judo athletes. European Journal of Sport Science, 2020, 20, 734-743.	2.7	20
159	Physical Fitness and Bone Health in Young Athletes and Nonathletes. Sports Health, 2020, 12, 441-448.	2.7	20
160	Development and validation of BIA prediction equations of upper and lower limb lean soft tissue in athletes. European Journal of Clinical Nutrition, 2020, 74, 1646-1652.	2.9	20
161	Changes in Cardiorespiratory Fitness Predict Changes in Body Composition from Childhood to Adolescence: Findings from the European Youth Heart Study. Physician and Sportsmedicine, 2011, 39, 78-86.	2.1	19
162	Physical Activity Predicts Changes in Body Image during Obesity Treatment in Women. Medicine and Science in Sports and Exercise, 2012, 44, 1604-1612.	0.4	19

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163	Compensatory Changes in Energy Balance Regulation over One Athletic Season. Medicine and Science in Sports and Exercise, 2017, 49, 1229-1235.	0.4	19
164	A closer look at the relationship among accelerometer-based physical activity metrics: ICAD pooled data. International Journal of Behavioral Nutrition and Physical Activity, 2019, 16, 40.	4.6	19
165	Resistance Training Improves a Cellular Health Parameter in Obese Older Women: A Randomized Controlled Trial. Journal of Strength and Conditioning Research, 2020, 34, 2996-3002.	2.1	19
166	Sedentary behaviour and adiposity in elite athletes. Journal of Sports Sciences, 2014, 32, 1760-1767.	2.0	18
167	Correlates of sports practice, occupational and leisureâ€time physical activity in Brazilian adolescents. American Journal of Human Biology, 2016, 28, 112-117.	1.6	18
168	Characterization and Comparison of Nutritional Intake between Preparatory and Competitive Phase of Highly Trained Athletes. Medicina (Lithuania), 2018, 54, 41.	2.0	18
169	Effects of preâ€or postâ€exercise whey protein supplementation on oxidative stress and antioxidant enzymes in older women. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 1101-1108.	2.9	18
170	Body fat responses to a 1â€year combined exercise training program in male coronary artery disease patients. Obesity, 2013, 21, 723-730.	3.0	17
171	Body composition phenotypes and carotid intima-media thickness in 11â€“13-year-old children. European Journal of Pediatrics, 2014, 173, 345-352.	2.7	17
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