Manuel J Castillo-Garzn

List of Publications by Year in Descending Order

213 papers	9,466 citations	49 h-index	90 g-index
229 ext. papers	11,128 ext. citations	3.9 avg, IF	5.68 L-index

#	Paper	IF	Citations
213	Effect of Different Exercise Training Modalities on Fasting Levels of Oxylipins and Endocannabinoids in Middle-Aged Sedentary Adults: A Randomized Controlled Trial.. *International Journal of Sport Nutrition and Exercise Metabolism*, **2022**, 1-10	4.4	0
212	Different exercise training modalities similarly improve heart rate variability in sedentary middle-aged adults: the FIT-AGEING randomized controlled trial.. *European Journal of Applied Physiology*, **2022**, 1	3.4	
211	1,25-dihydroxyvitamin D and cardiometabolic risk in healthy sedentary adults: The FIT-AGEING study. *International Journal of Cardiology*, **2021**, 344, 192-198	3.2	
210	Effect of Exercise Training on 1,25(OH)D Levels: The FIT-AGEING Randomized Controlled Trial. *Sports Health*, **2021**, 19417381211050033	4.7	
209	The effects of three types of exercise training on steroid hormones in physically inactive middle-aged adults: a randomized controlled trial. *European Journal of Applied Physiology*, **2021**, 121, 2193-2206	3.4	2
208	Interplay of physical activity and genetic variants of the endothelial lipase on cardiovascular disease risk factors. *Pediatric Research*, **2021**,	3.2	1
207	Repurposing drugs to fight aging: The difficult path from bench to bedside. *Medicinal Research Reviews*, **2021**, 41, 1676-1700	14.4	5
206	1,25-Dihydroxyvitamin D and S-Klotho Plasma Levels: The Relationship Between Two Renal Antiaging Biomarkers Mediated by Bone Mineral Density in Middle-Aged Sedentary Adults. *Rejuvenation Research*, **2021**, 24, 227-233	2.6	0
205	Relationship of sedentary time, physical activity and fitness with 1,25-dihydroxyvitamin D in middle-aged sedentary adults: The FIT-AGEING study. *Experimental Gerontology*, **2021**, 152, 111458	4.5	
204	Role of physical activity and fitness on sleep in sedentary middle-aged adults: the FIT-AGEING study. *Scientific Reports*, **2021**, 11, 539	4.9	5
203	Influence of daily beer or ethanol consumption on physical fitness in response to a high-intensity interval training program. The BEER-HIIT study. *Journal of the International Society of Sports Nutrition*, **2020**, 17, 29	4.5	4
202	Predictors of Sexual Desire and Sexual Function in Sedentary Middle-Aged Adults: The Role of Lean Mass Index and S-Klotho Plasma Levels. The FIT-AGEING Study. *Journal of Sexual Medicine*, **2020**, 17, 665-677	1.1	3
201	Association between sleep quality and time with energy metabolism in sedentary adults. *Scientific Reports*, **2020**, 10, 4598	4.9	4
200	Metabolic rate in sedentary adults, following different exercise training interventions: The FIT-AGEING randomized controlled trial. *Clinical Nutrition*, **2020**, 39, 3230-3240	5.9	9
199	Association between CNTF Polymorphisms and Adiposity Markers in European Adolescents. *Journal of Pediatrics*, **2020**, 219, 23-30.e1	3.6	2
198	Exercise training improves sleep quality: A randomized controlled trial. *European Journal of Clinical Investigation*, **2020**, 50, e13202	4.6	16
197	Association of UCP1, UCP2 and UCP3 gene polymorphisms with cardiovascular disease risk factors in European adolescents: the HELENA study. *Pediatric Research*, **2020**, 88, 265-270	3.2	1

196	Association between lipoprotein lipase gene polymorphisms and cardiovascular disease risk factors in European adolescents: The Healthy Lifestyle in Europe by Nutrition in Adolescence study. *Pediatric Diabetes*, **2020**, 21, 747-757	3.6	1
195	Relationship between plasma S-Klotho and cardiometabolic risk in sedentary adults. *Aging*, **2020**, 12, 2698-2710	5.6	7
194	Dietary Inflammatory Index and S-Klotho Plasma Levels in Middle-Aged Adults. *Nutrients*, **2020**, 12,	6.7	5
193	Assessment of autonomous nerve system through non-linear heart rate variability outcomes in sedentary healthy adults. *PeerJ*, **2020**, 8, e10178	3.1	3
192	Is Sleep Associated with the S-Klotho Anti-Aging Protein in Sedentary Middle-Aged Adults? The FIT-AGEING Study. *Antioxidants*, **2020**, 9,	7.1	4
191	Single nucleotide polymorphisms of ADIPOQ gene associated with cardiovascular disease risk factors in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. *Journal of Hypertension*, **2020**, 38, 1971-1979	1.9	2
190	Impact of different exercise training modalities on energy and nutrient intake and food consumption in sedentary middle-aged adults: a randomised controlled trial. *Journal of Human Nutrition and Dietetics*, **2020**, 33, 86-97	3.1	1
189	Dietary differences between metabolically healthy overweight-obese and metabolically unhealthy overweight-obese adults. *British Journal of Nutrition*, **2019**, 122, 1113-1119	3.6	1
188	Body Composition and S-Klotho Plasma Levels in Middle-Aged Adults: A Cross-Sectional Study. *Rejuvenation Research*, **2019**, 22, 478-483	2.6	13
187	Adherence to the Mediterranean diet, dietary factors, and S-Klotho plasma levels in sedentary middle-aged adults. *Experimental Gerontology*, **2019**, 119, 25-32	4.5	8
186	Exercise training increases the´S-Klotho plasma levels in sedentary´middle-aged adults: A´randomised controlled´trial. The FIT-AGEING study. *Journal of Sports Sciences*, **2019**, 37, 2175-2183	3.6	16
185	Healthy eating determinants and dietary patterns in European adolescents: the HELENA study. *Child and Adolescent Obesity*, **2019**, 2, 18-39	1.1	5
184	Beer or Ethanol Effects on the Body Composition Response to High-Intensity Interval Training. The BEER-HIIT Study. *Nutrients*, **2019**, 11,	6.7	5
183	Effects of different exercise training programs on body composition: A randomized control trial. *Scandinavian Journal of Medicine and Science in Sports*, **2019**, 29, 968-979	4.6	12
182	Changes in Physical Fitness After 12 Weeks of Structured Concurrent Exercise Training, High Intensity Interval Training, or Whole-Body Electromyostimulation Training in Sedentary Middle-Aged Adults: A Randomized Controlled Trial. *Frontiers in Physiology*, **2019**, 10, 451	4.6	21
181	Assessment of maximal fat oxidation during exercise: A systematic review. *Scandinavian Journal of Medicine and Science in Sports*, **2019**, 29, 910-921	4.6	21
180	Study of the association of DHEAS, testosterone and cortisol with S-Klotho plasma levels in healthy sedentary middle-aged adults. *Experimental Gerontology*, **2019**, 121, 55-61	4.5	7
179	Association of physical activity and fitness with S-Klotho plasma levels in middle-aged sedentary adults: The FIT-AGEING study. *Maturitas*, **2019**, 123, 25-31	5	8

178	Diet as a moderator in the association of sedentary behaviors with inflammatory biomarkers among adolescents in the HELENA study. *European Journal of Nutrition*, **2019**, 58, 2051-2065	5.2	12
177	Relationship between 1,25-Dihydroxyvitamin D and Body Composition in Middle-Aged Sedentary Adults: The FIT-AGEING Study. *Nutrients*, **2019**, 11,	6.7	3
176	Association of basal metabolic rate and fuel oxidation in basal conditions and during exercise, with plasma S-klotho: the FIT-AGEING study. *Aging*, **2019**, 11, 5319-5333	5.6	7
175	Exercise Training as a Treatment for Cardiometabolic Risk in Sedentary Adults: Are Physical Activity Guidelines the Best Way to Improve Cardiometabolic Health? The FIT-AGEING Randomized Controlled Trial. *Journal of Clinical Medicine*, **2019**, 8,	5.1	7
174	Alcohol consumption and S-Klotho plasma levels in sedentary healthy middle-aged adults: A cross sectional study. *Drug and Alcohol Dependence*, **2019**, 194, 107-111	4.9	9
173	Measuring nutritional knowledge using Item Response Theory and its validity in European adolescents. *Public Health Nutrition*, **2019**, 22, 419-430	3.3	3
172	Role of Exercise on S-Klotho Protein Regulation: A Systematic Review. *Current Aging Science*, **2018**, 11, 100-107	2.2	7
171	Inflammation in metabolically healthy and metabolically abnormal adolescents: The HELENA study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2018**, 28, 77-83	4.5	15
170	Correlates of ideal cardiovascular health in European adolescents: The HELENA study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2018**, 28, 187-194	4.5	11
169	Dietary Patterns in European and Brazilian Adolescents: Comparisons and Associations with Socioeconomic Factors. *Nutrients*, **2018**, 10,	6.7	12
168	Physical activity, sedentary time, TV viewing, physical fitness and cardiovascular disease risk in adolescents: The HELENA study. *International Journal of Cardiology*, **2018**, 254, 303-309	3.2	32
167	Do dietary patterns determine levels of vitamin B, folate, and vitamin B intake and corresponding biomarkers in European adolescents? The Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. *Nutrition*, **2018**, 50, 8-17	4.8	3
166	Association between Sleep Quality and Body Composition in Sedentary Middle-Aged Adults. *Medicina (Lithuania)*, **2018**, 54,	3.1	10
165	Accuracy and Validity of Resting Energy Expenditure Predictive Equations in Middle-Aged Adults. *Nutrients*, **2018**, 10,	6.7	22
164	Exercise training as S-Klotho protein stimulator in sedentary healthy adults: Rationale, design, and methodology. *Contemporary Clinical Trials Communications*, **2018**, 11, 10-19	1.8	50
163	Foods contributing to vitamin B, folate, and vitamin B intakes and biomarkers status in European adolescents: The HELENA study. *European Journal of Nutrition*, **2017**, 56, 1767-1782	5.2	5
162	Comparison of definitions for the metabolic syndrome in adolescents. The HELENA study. *European Journal of Pediatrics*, **2017**, 176, 241-252	4.1	39
161	Prevalence of ideal cardiovascular health in European adolescents: The HELENA study. *International Journal of Cardiology*, **2017**, 240, 428-432	3.2	17

160	Amino acids intake and physical fitness among adolescents. *Amino Acids*, **2017**, 49, 1041-1052	3.5	9
159	Prevalence of Metabolically Healthy but Overweight/Obese Phenotype and Its Association With Sedentary Time, Physical Activity, and Fitness. *Journal of Adolescent Health*, **2017**, 61, 107-114	5.8	38
158	Ideal cardiovascular health and inflammation in European adolescents: The HELENA study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2017**, 27, 447-455	4.5	10
157	Association between dietary inflammatory index and inflammatory markers in the HELENA study. *Molecular Nutrition and Food Research*, **2017**, 61, 1600707	5.9	118
156	Fitness Assessment as an Anti-Aging Marker: A Narrative Review. *Journal of Gerontology & Geriatric Research*, **2017**, 06,	0	7
155	Fragmentation of daily rhythms associates with obesity and cardiorespiratory fitness in adolescents: The HELENA study. *Clinical Nutrition*, **2017**, 36, 1558-1566	5.9	27
154	Brief Report: IRF4 Newly Identified as a Common Susceptibility Locus for Systemic Sclerosis and Rheumatoid Arthritis in a Cross-Disease Meta-Analysis of Genome-Wide Association Studies. *Arthritis and Rheumatology*, **2016**, 68, 2338-44	9.5	35
153	Physical Activity Is Associated with Attention Capacity in Adolescents. *Journal of Pediatrics*, **2016**, 168, 126-131.e2	3.6	42
152	Association of heart rate and blood pressure among European adolescents with usual food consumption: The HELENA study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2016**, 26, 541-8	4.5	10
151	Dietary animal and plant protein intakes and their associations with obesity and cardio-metabolic indicators in European adolescents: the HELENA cross-sectional study. *Nutrition Journal*, **2015**, 14, 10	4.3	40
150	Influence of sex, age, pubertal maturation and body mass index on circulating white blood cell counts in healthy European adolescents□the HELENA study. *European Journal of Pediatrics*, **2015**, 174, 999-1014	4.1	13
149	Effects of a moderate intake of beer on markers of hydration after exercise in the heat: a crossover study. *Journal of the International Society of Sports Nutrition*, **2015**, 12, 26	4.5	18
148	Inflammation profile in overweight/obese adolescents in Europe: an analysis in relation to iron status. *European Journal of Clinical Nutrition*, **2015**, 69, 247-55	5.2	25
147	Cardiorespiratory fitness and ideal cardiovascular health in European adolescents. *Heart*, **2015**, 101, 766-73	5.2	61
146	Impact of physical activity and cardiovascular fitness on total homocysteine concentrations in European adolescents: The HELENA study. *Journal of Nutritional Science and Vitaminology*, **2015**, 61, 45-54	1.1	4
145	USEFULNESS OF □HYDROXY-□METHYLBUTYRATE (HMB) SUPPLEMENTATION IN DIFFERENT SPORTS: AN UPDATE AND PRACTICAL IMPLICATIONS. *Nutricion Hospitalaria*, **2015**, 32, 20-33	1	11
144	Association between chocolate consumption and fatness in European adolescents. *Nutrition*, **2014**, 30, 236-9	4.8	30
143	Health inequalities in urban adolescents: role of physical activity, diet, and genetics. *Pediatrics*, **2014**, 133, e884-95	7.4	24

142	Self-reported sleep duration, white blood cell counts and cytokine profiles in European adolescents: the HELENA study. *Sleep Medicine*, **2014**, 15, 1251-8	4.6	46
141	Physical activity, sedentary time, and liver enzymes in adolescents: the HELENA study. *Pediatric Research*, **2014**, 75, 798-802	3.2	18
140	More physically active and leaner adolescents have higher energy intake. *Journal of Pediatrics*, **2014** , 164, 159-166.e2	3.6	18
139	Reply: To PMID 24094763. *Journal of Pediatrics*, **2014**, 164, 945-6	3.6	
138	Mechanisms of stress, energy homeostasis and insulin resistance in European adolescents--the HELENA study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2014**, 24, 1082-9	4.5	10
137	Combined influence of healthy diet and active lifestyle on cardiovascular disease risk factors in adolescents. *Scandinavian Journal of Medicine and Science in Sports*, **2014**, 24, 553-62	4.6	30
136	Nutrition and lifestyle in european adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. *Advances in Nutrition*, **2014**, 5, 615S-623S	10	86
135	Association of breakfast consumption with objectively measured and self-reported physical activity, sedentary time and physical fitness in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. *Public Health Nutrition*, **2014**, 17, 2226-36	3.3	26
134	Is dairy consumption associated with low cardiovascular disease risk in European adolescents? Results from the HELENA Study. *Pediatric Obesity*, **2014**, 9, 401-10	4.6	37
133	Nutrient intake of European adolescents: results of the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. *Public Health Nutrition*, **2014**, 17, 486-97	3.3	55
132	Increased sedentary behaviour is associated with unhealthy dietary patterns in European adolescents participating in the HELENA study. *European Journal of Clinical Nutrition*, **2014**, 68, 300-8	5.2	33
131	Muscular fitness, fatness and inflammatory biomarkers in adolescents. *Pediatric Obesity*, **2014**, 9, 391-400	4.6	47
130	Reference values for leptin, cortisol, insulin and glucose, among European adolescents and their association with adiposity: the HELENA study. *Nutricion Hospitalaria*, **2014**, 30, 1181-90	1	20
129	Physical activity, physical fitness, and overweight in children and adolescents: Evidence from epidemiologic studies. *Endocrinología Y Nutrición (English Edition)*, **2013**, 60, 458-469		27
128	Physical activity attenuates the negative effect of low birth weight on leptin levels in European adolescents; the HELENA study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2013**, 23, 344-9	4.5	10
127	Seasonal variation in physical activity and sedentary time in different European regions. The HELENA study. *Journal of Sports Sciences*, **2013**, 31, 1831-40	3.6	41
126	Lunch at school, at home or elsewhere. Where do adolescents usually get it and what do they eat? Results of the HELENA Study. *Appetite*, **2013**, 71, 332-9	4.5	16
125	A favorable built environment is associated with better physical fitness in European adolescents. *Preventive Medicine*, **2013**, 57, 844-9	4.3	20

124	Intake and serum profile of fatty acids are weakly correlated with global dietary quality in European adolescents. *Nutrition*, **2013**, 29, 411-9.e1-3	4.8	11
123	Clustering of multiple lifestyle behaviors and health-related fitness in European adolescents. *Journal of Nutrition Education and Behavior*, **2013**, 45, 549-57	2	34
122	Physical activity and markers of insulin resistance in adolescents: role of cardiorespiratory fitness levels--the HELENA study. *Pediatric Diabetes*, **2013**, 14, 249-58	3.6	16
121	Physical strength is associated with Mini-Mental State Examination scores in Spanish institutionalized elderly. *Geriatrics and Gerontology International*, **2013**, 13, 1026-34	2.9	15
120	Association between self-reported sleep duration and dietary quality in European adolescents. *British Journal of Nutrition*, **2013**, 110, 949-59	3.6	50
119	Cardiorespiratory fitness in males, and upper limbs muscular strength in females, are positively related with 25-hydroxyvitamin D plasma concentrations in European adolescents: the HELENA study. *QJM - Monthly Journal of the Association of Physicians*, **2013**, 106, 809-21	2.7	30
118	Nutritional and pubertal status influences accuracy of self-reported weight and height in adolescents: the HELENA Study. *Annals of Nutrition and Metabolism*, **2013**, 62, 189-200	4.5	8
117	Effects on adolescentsRlipid profile of a fitness-enhancing intervention in the school setting; the EDUFIT study. *Nutricion Hospitalaria*, **2013**, 28, 119-26	1	9
116	Algorithm for the early diagnosis of vitamin B12 deficiency in elderly people. *Nutricion Hospitalaria*, **2013**, 28, 1447-52	1	17
115	Physical activity, fitness, and serum leptin concentrations in adolescents. *Journal of Pediatrics*, **2012** , 160, 598-603.e2	3.6	25
114	Adiposity and bone health in Spanish adolescents. The HELENA study. *Osteoporosis International*, **2012**, 23, 937-47	5.3	88
113	Reliability and intermethod agreement for body fat assessment among two field and two laboratory methods in adolescents. *Obesity*, **2012**, 20, 221-8	8	41
112	Vitamin D status and physical activity interact to improve bone mass in adolescents. The HELENA Study. *Osteoporosis International*, **2012**, 23, 2227-37	5.3	27
111	Eating behaviour, insulin resistance and cluster of metabolic risk factors in European adolescents. The HELENA study. *Appetite*, **2012**, 59, 140-7	4.5	21
110	Beverage consumption among European adolescents in the HELENA study. *European Journal of Clinical Nutrition*, **2012**, 66, 244-52	5.2	103
109	Active relatives and health-related physical fitness in European adolescents: the HELENA Study. *Journal of Sports Sciences*, **2012**, 30, 1329-35	3.6	5
108	Muscular strength and markers of insulin resistance in European adolescents: the HELENA Study. *European Journal of Applied Physiology*, **2012**, 112, 2455-65	3.4	36
107	Food consumption and screen-based sedentary behaviors in European adolescents: the HELENA study. *JAMA Pediatrics*, **2012**, 166, 1010-20		44

106	Dietary fatty acid intake, its food sources and determinants in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. *British Journal of Nutrition*, **2012**, 108, 2261-73	3.6	21
105	European adolescents?level of perceived stress is inversely related to their diet quality: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. *British Journal of Nutrition*, **2012**, 108, 371-80	3.6	26
104	Iron and vitamin status biomarkers and its association with physical fitness in adolescents: the HELENA study. *Journal of Applied Physiology*, **2012**, 113, 566-73	3.7	18
103	Vitamin D status among adolescents in Europe: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. *British Journal of Nutrition*, **2012**, 107, 755-64	3.6	152
102	Can differences in physical activity by socio-economic status in European adolescents be explained by differences in psychosocial correlates? A mediation analysis within the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. *Public Health Nutrition*, **2012**, 15, 2100-9	3.3	17
101	Cardiorespiratory fitness and dietary intake in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. *British Journal of Nutrition*, **2012**, 107, 1850-9	3.6	34
100	Reliability and validity of a screen time-based sedentary behaviour questionnaire for adolescents: The HELENA study. *European Journal of Public Health*, **2012**, 22, 373-7	2.1	72
99	European adolescents?level of perceived stress and its relationship with body adiposity--the HELENA Study. *European Journal of Public Health*, **2012**, 22, 519-24	2.1	17
98	Food intake of European adolescents in the light of different food-based dietary guidelines: results of the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. *Public Health Nutrition*, **2012**, 15, 386-98	3.3	117
97	Five year trends on total and abdominal adiposity in Spanish adolescents. *Nutricion Hospitalaria*, **2012**, 27, 731-8	1	8
96	Efficacy of a 28-day oral cyanocobalamin supplementation on vitamin B status in Spanish institutionalized elderly. *International Journal for Vitamin and Nutrition Research*, **2012**, 82, 104-12	1.7	1
95	A prospective study of muscular strength and all-cause mortality in men with hypertension. *Journal of the American College of Cardiology*, **2011**, 57, 1831-7	15.1	170
94	Relationship between self-reported dietary intake and physical activity levels among adolescents: the HELENA study. *International Journal of Behavioral Nutrition and Physical Activity*, **2011**, 8, 8	8.4	31
93	Levels of physical activity that predict optimal bone mass in adolescents: the HELENA study. *American Journal of Preventive Medicine*, **2011**, 40, 599-607	6.1	79
92	Improving Physical Fitness in Adolescents Through a School-Based Intervention: the EDUFIT Study. *Revista Espanola De Cardiologia (English Ed)*, **2011**, 64, 484-491	0.7	1
91	Associations of birth weight with serum long chain polyunsaturated fatty acids in adolescents; the HELENA study. *Atherosclerosis*, **2011**, 217, 286-91	3.1	13
90	Differences on spinal curvature in standing position by gender, age and weight status using a noninvasive method. *Journal of Applied Biomechanics*, **2011**, 27, 143-50	1.2	33
89	Active commuting and physical activity in adolescents from Europe: results from the HELENA study. *Pediatric Exercise Science*, **2011**, 23, 207-17	2	40

88	Evaluation of iron status in European adolescents through biochemical iron indicators: the HELENA Study. *European Journal of Clinical Nutrition*, **2011**, 65, 340-9	5.2	45
87	Association between the FTO rs9939609 polymorphism and leptin in European adolescents: a possible link with energy balance control. The HELENA study. *International Journal of Obesity*, **2011**, 35, 66-71	5.5	35
86	Fitness and fatness are independently associated with markers of insulin resistance in European adolescents; the HELENA study. *Pediatric Obesity*, **2011**, 6, 253-60		20
85	Effect of fitness and physical activity on bone mass in adolescents: the HELENA Study. *European Journal of Applied Physiology*, **2011**, 111, 2671-80	3.4	52
84	Bicarbonate ingestion has no ergogenic effect on consecutive all out sprint tests in BMX elite cyclists. *European Journal of Applied Physiology*, **2011**, 111, 3127-34	3.4	36
83	Reliability and validity of the Adolescent Stress Questionnaire in a sample of European adolescents--the HELENA study. *BMC Public Health*, **2011**, 11, 717	4.1	28
82	Field-based fitness assessment in young people: the ALPHA health-related fitness test battery for children and adolescents. *British Journal of Sports Medicine*, **2011**, 45, 518-24	10.3	330
81	Active commuting to school and cognitive performance in adolescents: the AVENA study. *JAMA Pediatrics*, **2011**, 165, 300-5		73
80	Adolescents' physical activity levels and relatives' physical activity engagement and encouragement: the HELENA study. *European Journal of Public Health*, **2011**, 21, 705-12	2.1	10
79	Associations of muscular and cardiorespiratory fitness with total and central body fat in adolescents: the HELENA study. *British Journal of Sports Medicine*, **2011**, 45, 101-8	10.3	70
78	Physical fitness levels among European adolescents: the HELENA study. *British Journal of Sports Medicine*, **2011**, 45, 20-9	10.3	226
77	The International Fitness Scale (IFIS): usefulness of self-reported fitness in youth. *International Journal of Epidemiology*, **2011**, 40, 701-11	7.8	105
76	Objectively measured physical activity and sedentary time in European adolescents: the HELENA study. *American Journal of Epidemiology*, **2011**, 174, 173-84	3.8	210
75	Excessive sedentary time and low cardiorespiratory fitness in European adolescents: the HELENA study. *Archives of Disease in Childhood*, **2011**, 96, 240-6	2.2	54
74	Pilot evaluation of the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Food-O-Meter, a computer-tailored nutrition advice for adolescents: a study in six European cities. *Public Health Nutrition*, **2011**, 14, 1292-302	3.3	30
73	Contribution of bone turnover markers to bone mass in pubertal boys and girls. *Journal of Pediatric Endocrinology and Metabolism*, **2011**, 24, 971-4	1.6	12
72	Reliability of field-based fitness tests in youth. *International Journal of Sports Medicine*, **2011**, 32, 159-69	3.6	144
71	Antioxidant vitamin status (A, E, C, and beta-carotene) in European adolescents - the HELENA Study. *International Journal for Vitamin and Nutrition Research*, **2011**, 81, 245-55	1.7	18

70	Physical Activity, Fitness and Fatness in Children and Adolescents **2011**, 347-366		2
69	Longer breastfeeding is associated with increased lower body explosive strength during adolescence. *Journal of Nutrition*, **2010**, 140, 1989-95	4.1	15
68	Cardiovascular fitness modifies the associations between physical activity and abdominal adiposity in children and adolescents: the European Youth Heart Study. *British Journal of Sports Medicine*, **2010**, 44, 256-62	10.3	47
67	Attenuation of the effect of the FTO rs9939609 polymorphism on total and central body fat by physical activity in adolescents: the HELENA study. *JAMA Pediatrics*, **2010**, 164, 328-33		85
66	Hip flexibility is the main determinant of the back-saver sit-and-reach test in adolescents. *Journal of Sports Sciences*, **2010**, 28, 641-8	3.6	26
65	Assessing health-related fitness tests in the school setting: reliability, feasibility and safety; the ALPHA Study. *International Journal of Sports Medicine*, **2010**, 31, 490-7	3.6	63
64	Role of cardiorespiratory fitness on the association between physical activity and abdominal fat content in adolescents: the HELENA study. *International Journal of Sports Medicine*, **2010**, 31, 679-82	3.6	7
63	Sedentary patterns and media availability in European adolescents: The HELENA study. *Preventive Medicine*, **2010**, 51, 50-5	4.3	112
62	Psychological well-being, cardiorespiratory fitness, and long-term survival. *American Journal of Preventive Medicine*, **2010**, 39, 440-8	6.1	30
61	Health-related fitness in adolescents: underweight, and not only overweight, as an influencing factor. The AVENA study. *Scandinavian Journal of Medicine and Science in Sports*, **2010**, 20, 418-27	4.6	112
60	Association of physical activity with muscular strength and fat-free mass in adolescents: the HELENA study. *European Journal of Applied Physiology*, **2010**, 109, 1119-27	3.4	55
59	Sleep patterns in Spanish adolescents: associations with TV watching and leisure-time physical activity. *European Journal of Applied Physiology*, **2010**, 110, 563-73	3.4	52
58	Physical activity, fitness, weight status, and cognitive performance in adolescents. *Journal of Pediatrics*, **2010**, 157, 917-922.e1-5	3.6	86
57	Secular trends in health-related physical fitness in Spanish adolescents: the AVENA and HELENA studies. *Journal of Science and Medicine in Sport*, **2010**, 13, 584-8	4.4	98
56	Excessive TV viewing and cardiovascular disease risk factors in adolescents. The AVENA cross-sectional study. *BMC Public Health*, **2010**, 10, 274	4.1	30
55	Recommended levels and intensities of physical activity to avoid low-cardiorespiratory fitness in European adolescents: The HELENA study. *American Journal of Human Biology*, **2010**, 22, 750-6	2.7	42
54	Early life programming of abdominal adiposity in adolescents: The HELENA Study. *Diabetes Care*, **2009**, 32, 2120-2	14.6	41
53	Socio-economic factors and active commuting to school in urban Spanish adolescents: the AVENA study. *European Journal of Public Health*, **2009**, 19, 470-6	2.1	64

52	Are muscular and cardiovascular fitness partially programmed at birth? Role of body composition. *Journal of Pediatrics*, **2009**, 154, 61-66.e1	3.6	38
51	Haematological reference values in Spanish adolescents: the AVENA study. *European Journal of Haematology*, **2009**, 83, 586-94	3.8	14
50	Climbing time to exhaustion is a determinant of climbing performance in high-level sport climbers. *European Journal of Applied Physiology*, **2009**, 107, 517-25	3.4	60
49	Association of objectively assessed physical activity with total and central body fat in Spanish adolescents; the HELENA Study. *International Journal of Obesity*, **2009**, 33, 1126-35	5.5	63
48	Truncal and abdominal fat as determinants of high triglycerides and low HDL-cholesterol in adolescents. *Obesity*, **2009**, 17, 1086-91	8	30
47	Body fat measurement in elite sport climbers: comparison of skinfold thickness equations with dual energy X-ray absorptiometry. *Journal of Sports Sciences*, **2009**, 27, 469-77	3.6	25
46	Predictive validity of health-related fitness in youth: a systematic review. *British Journal of Sports Medicine*, **2009**, 43, 909-23	10.3	474
45	Reliability of health-related physical fitness tests in European adolescents. The HELENA Study. *International Journal of Obesity*, **2008**, 32 Suppl 5, S49-57	5.5	218
44	Small birth weight and later body composition and fat distribution in adolescents: the Avena study. *Obesity*, **2008**, 16, 1680-6	8	44
43	Physical fitness in childhood and adolescence: a powerful marker of health. *International Journal of Obesity*, **2008**, 32, 1-11	5.5	1246
42	Artificial neural network-based equation for estimating VO2max from the 20 m shuttle run test in adolescents. *Artificial Intelligence in Medicine*, **2008**, 44, 233-45	7.4	48
41	Television watching, videogames, and excess of body fat in Spanish adolescents: the AVENA study. *Nutrition*, **2008**, 24, 654-62	4.8	82
40	Hand span influences optimal grip span in boys and girls aged 6 to 12 years. *Journal of Hand Surgery* , **2008**, 33, 378-84	2.6	80
39	Immunological changes after a single bout of moderate-intensity exercise in a hot environment. *Journal of Physiology and Biochemistry*, **2008**, 64, 197-204	5	16
38	Birth weight and blood lipid levels in Spanish adolescents: influence of selected APOE, APOC3 and PPARgamma2 gene polymorphisms. The AVENA Study. *BMC Medical Genetics*, **2008**, 9, 98	2.1	21
37	High fitness is associated with a healthier programming of body composition at adolescence. *American Journal of Human Biology*, **2008**, 20, 732-4	2.7	5
36	B-vitamins and homocysteine in Spanish institutionalized elderly. *International Journal for Vitamin and Nutrition Research*, **2007**, 77, 22-33	1.7	27
35	Cardiorespiratory fitness and sedentary activities are associated with adiposity in adolescents. *Obesity*, **2007**, 15, 1589-99	8	111

34	A Mediterranean diet is not enough for health: Physical fitness is an important additional contributor to health for the adults of tomorrow. *World Review of Nutrition and Dietetics*, **2007**, 97, 114-138	0.2	22
33	Cardiovascular fitness is negatively associated with homocysteine levels in female adolescents. *JAMA Pediatrics*, **2007**, 161, 166-71		27
32	Homocysteine levels in children and adolescents are associated with the methylenetetrahydrofolate reductase 677C>T genotype, but not with physical activity, fitness or fatness: the European Youth Heart Study. *British Journal of Nutrition*, **2007**, 97, 255-62	3.6	27
31	Reference values for serum lipids and lipoproteins in Spanish adolescents: the AVENA study. *International Journal of Public Health*, **2006**, 51, 99-109		13
30	Serum lipids, body mass index and waist circumference during pubertal development in Spanish adolescents: the AVENA Study. *Hormone and Metabolic Research*, **2006**, 38, 832-7	3.1	19
29	Increased susceptibility to plasma lipid peroxidation in untrained subjects after an extreme mountain bike challenge at moderate altitude. *International Journal of Sports Medicine*, **2006**, 27, 587-9	3.6	3
28	Anthropometric determinants of a clustering of lipid-related metabolic risk factors in overweight and non-overweight adolescents--influence of cardiorespiratory fitness. The Avena study. *Annals of Nutrition and Metabolism*, **2006**, 50, 519-27	4.5	13
27	Hand span influences optimal grip span in male and female teenagers. *Journal of Hand Surgery*, **2006**, 31, 1367-72	2.6	111
26	Aerobic physical fitness in relation to blood lipids and fasting glycaemia in adolescents: influence of weight status. *Nutrition, Metabolism and Cardiovascular Diseases*, **2006**, 16, 285-93	4.5	72
25	The importance of cardiorespiratory fitness for healthy metabolic traits in children and adolescents: the AVENA Study. *Zeitschrift Fur Gesundheitswissenschaften*, **2006**, 14, 178-180	1.4	10
24	Health-related fitness assessment in childhood and adolescence: a European approach based on the AVENA, EYHS and HELENA studies. *Zeitschrift Fur Gesundheitswissenschaften*, **2006**, 14, 269-277	1.4	89
23	Anti-aging therapy through fitness enhancement. *Clinical Interventions in Aging*, **2006**, 1, 213-20	4	37
22	Bajo nivel de forma f□sica en los adolescentes espa□oles. Importancia para la salud cardiovascular futura (Estudio AVENA). *Revista Espanola De Cardiologia*, **2005**, 58, 898-909	1.5	92
21	Low Level of Physical Fitness in Spanish Adolescents. Relevance for Future Cardiovascular Health (AVENA Study). *Revista Espanola De Cardiologia (English Ed)*, **2005**, 58, 898-909	0.7	14
20	Deportes con alto grado de estr□s f□sico afectan negativamente al perfil lip□dico plasm□tico. *Revista Espanola De Cardiologia*, **2004**, 57, 499-506	1.5	10
19	Sauna-induced rapid weight loss decreases explosive power in women but not in men. *International Journal of Sports Medicine*, **2003**, 24, 518-22	3.6	26
18	Faxing helps deaf people access health services in Spain. *BMJ, The*, **2003**, 326, 824	5.9	0
17	Oral creatine supplementation and skeletal muscle metabolism in physical exercise. *Sports Medicine* , **2002**, 32, 903-44	10.6	61

16	Hand size influences optimal grip span in women but not in men. *Journal of Hand Surgery*, **2002**, 27, 897-901	2.1	154
15	Aplicación de la telemedicina al control de enfermedades crónicas: telecontrol de pacientes con enfermedad pulmonar obstructiva crónica. *Medicina Clínica*, **2002**, 119, 301-303	1	2
14	Three days fast in sportsmen decreases physical work capacity but not strength or perception-reaction time. *International Journal of Sport Nutrition and Exercise Metabolism*, **2001**, 11, 420-9	4.4	26
13	No increased insulin sensitivity after a single intravenous administration of a recombinant human tumor necrosis factor receptor: Fc fusion protein in obese insulin-resistant patients. *Journal of Clinical Endocrinology and Metabolism*, **2000**, 85, 1316-9	5.6	149
12	Frequent serum sampling in healthy men discloses testosterone peaks exacerbated by testosterone propionate administration. *Applied Physiology, Nutrition, and Metabolism*, **1997**, 22, 58-65		
11	Influence of a transscrotal testosterone propionate administration on the serum level of selected hormones of the hypophyso-gonadal axis. *Journal of Steroid Biochemistry and Molecular Biology*, **1997**, 62, 65-71	5.1	1
10	The degree/rapidity of the metabolic deterioration following interruption of a continuous subcutaneous insulin infusion is influenced by the prevailing blood glucose Level. *Journal of Clinical Endocrinology and Metabolism*, **1996**, 81, 1975-8	5.6	7
9	Elimination of meat, fish, and derived products from the Spanish-Mediterranean diet: effect on the plasma lipid profile. *Annals of Nutrition and Metabolism*, **1996**, 40, 202-11	4.5	11
8	Treatment with insulin infusion pumps and ketoacidotic episodes: from physiology to troubleshooting. *Diabetes/metabolism Reviews*, **1995**, 11, 161-77		6
7	Modified glucagon test allowing simultaneous estimation of insulin secretion and insulin sensitivity: application to obesity, insulin-dependent diabetes mellitus, and noninsulin-dependent diabetes mellitus. *Journal of Clinical Endocrinology and Metabolism*, **1995**, 80, 393-9	5.6	6
6	TAP polymorphism in patients with Behçet's disease. *Annals of the Rheumatic Diseases*, **1995**, 54, 386-8	2.4	23
5	How to measure insulin clearance. *Diabetes/metabolism Reviews*, **1994**, 10, 119-50		46
4	How to measure insulin action in vivo. *Diabetes/metabolism Reviews*, **1994**, 10, 151-88		68
3	Combination of oral antidiabetic drugs and insulin in the treatment of non-insulin-dependent diabetes. *Acta Clinica Belgica*, **1993**, 48, 259-68	1.8	13
2	Decreased or increased insulin metabolism after glipizide in type II diabetes. *Diabetes Care*, **1988**, 11, 687-9	14.6	6
1	Blood collection while using a continuous glucose analyzer without insertion of an additional venous catheter. *Diabetologia*, **1983**, 25, 120-2	10.3	1