

# Antonio Garcia-Hermoso

## List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

259  
papers

3,868  
citations

30  
h-index

47  
g-index

274  
ext. papers

5,472  
ext. citations

4.1  
avg, IF

6.09  
L-index

#	Paper	IF	Citations
259	Efficacy of school-based interventions for improving muscular fitness outcomes in children: A systematic review and meta-analysis.. <i>European Journal of Sport Science</i> , <b>2022</b> , 1-34	3.9	2
258	Prevalence of meeting 24-Hour Movement Guidelines from pre-school to adolescence: A systematic review and meta-analysis including 387,437 participants and 23 countries.. <i>Journal of Sport and Health Science</i> , <b>2022</b> ,	8.2	10
257	Body composition adaptations to lower-body plyometric training: a systematic review and meta-analysis.. <i>Biology of Sport</i> , <b>2022</b> , 39, 273-287	4.3	2
256	Tracking of physical fitness levels from childhood and adolescence to adulthood: a systematic review and meta-analysis.. <i>Translational Pediatrics</i> , <b>2022</b> , 11, 474-486	4.2	2
255	Validity and Reliability of the International Fitness Scale (IFIS) in preschool children.. <i>European Journal of Sport Science</i> , <b>2022</b> , 1-24	3.9	1
254	Adherence to the Mediterranean diet and subjective well-being among Chilean children.. <i>Appetite</i> , <b>2022</b> , 172, 105974	4.5	1
253	Relationship between parents' and children's objectively assessed movement behaviours prior to and during the COVID-19 pandemic.. <i>Pediatric Obesity</i> , <b>2022</b> , e12923	4.6	
252	Exercise dose on hepatic fat and cardiovascular health in adolescents with excess of adiposity. <i>Pediatric Obesity</i> , <b>2021</b> , e12869	4.6	0
251	Accuracy of different cutoffs of the waist-to-height ratio as a screening tool for cardiometabolic risk in children and adolescents: A systematic review and meta-analysis of diagnostic test accuracy studies. <i>Obesity Reviews</i> , <b>2021</b> , e13375	10.6	2
250	Intensity of Physical Activity in Physical Education Classes and School Recesses and Its Associations with Body Mass Index and Global Fitness Score in Spanish Schoolchildren. <i>Applied Sciences (Switzerland)</i> , <b>2021</b> , 11, 11337	2.6	
249	Dietary Patterns, Adherence to the Food-Based Dietary Guidelines, and Ultra-Processed Consumption During the COVID-19 Lockdown in a Sample of Spanish Young Population. <i>Frontiers in Pediatrics</i> , <b>2021</b> , 9, 702731	3.4	0
248	Serum leptin as a mediator of the influence of insulin resistance on hepatic steatosis in youths with excess adiposity. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2021</b> , 31, 1308-1316	4.5	1
247	Cognitive Function Improvements Mediate Exercise Intervention Effects on Physical Performance in Acutely Hospitalized Older Adults. <i>Journal of the American Medical Directors Association</i> , <b>2021</b> , 22, 787-791	5.9	7
246	Exercise Effects on Brain and Muscle Function in Acutely Hospitalized Older Patients Assessed by Functional Near-Infrared Spectroscopy. <i>Journal of the American Medical Directors Association</i> , <b>2021</b> , 22, 875-876	5.9	2
245	Defining values for controlled attenuation parameter and liver stiffness in youth without liver disease. <i>Pediatric Research</i> , <b>2021</b> ,	3.2	1
244	Cardiorespiratory fitness and all-cause mortality in adults diagnosed with cancer systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2021</b> , 31, 1745-1752	4.6	1
243	Effects of physical education interventions on cognition and academic performance outcomes in children and adolescents: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2021</b> , 55, 1224-1232	10.3	11

242	Handgrip strength cut-off points for early detection of cardiometabolic risk in Chilean children. <i>European Journal of Pediatrics</i> , <b>2021</b> , 180, 3483-3489	4.1	2
241	Cardiorespiratory fitness measured with cardiopulmonary exercise testing and mortality in patients with cardiovascular disease: A systematic review and meta-analysis. <i>Journal of Sport and Health Science</i> , <b>2021</b> ,	8.2	4
240	International Exercise Recommendations in Older Adults (ICFSR): Expert Consensus Guidelines. <i>Journal of Nutrition, Health and Aging</i> , <b>2021</b> , 25, 824-853	5.2	58
239	Handgrip strength as a moderator of the influence of age on olfactory impairment in US adult population $\geq 40$ years of age. <i>Scientific Reports</i> , <b>2021</b> , 11, 14085	4.9	1
238	Multicomponent intervention effect on cardiometabolic risk factors among overweight/obese Brazilian children: a mediation analysis. <i>Sport Sciences for Health</i> , <b>2021</b> , 17, 153-162	1.3	
237	Normative Reference Values for Handgrip Strength in Chilean Children at 8-12 Years Old Using the Empirical Distribution and the Lambda, Mu, and Sigma Statistical Methods. <i>Journal of Strength and Conditioning Research</i> , <b>2021</b> , 35, 260-266	3.2	11
236	Effects of a Tailored Exercise Intervention in Acutely Hospitalized Oldest Old Diabetic Adults: An Ancillary Analysis. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2021</b> , 106, e899-e906	5.6	5
235	Cardiorespiratory fitness, physical activity, sedentary behavior, and circulating white blood cells in US youth. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2021</b> , 31, 439-445	4.6	0
234	Physical Function and All-Cause Mortality in Older Adults Diagnosed With Cancer: A Systematic Review and Meta-Analysis. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2021</b> , 76, 1447-1453	6.4	9
233	Is device-measured vigorous physical activity associated with health-related outcomes in children and adolescents? A systematic review and meta-analysis. <i>Journal of Sport and Health Science</i> , <b>2021</b> , 10, 296-307	8.2	12
232	Abdominal aortic calcification is associated with decline in handgrip strength in the U.S. adult population $\geq 40$ years of age. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2021</b> , 31, 1035-1043	4.5	2
231	Effect of exercise on myosteatosis in adults: a systematic review and meta-analysis. <i>Journal of Applied Physiology</i> , <b>2021</b> , 130, 245-255	3.7	9
230	Handgrip Strength as a Complementary Test for Mobility Limitations Assessment in Acutely Hospitalized Oldest Old. <i>Rejuvenation Research</i> , <b>2021</b> , 24, 213-219	2.6	6
229	Effects of Bilateral and Unilateral Resistance Training on Horizontally Orientated Movement Performance: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , <b>2021</b> , 51, 225-242	10.6	6
228	Longitudinal associations of physical fitness and body mass index with academic performance. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2021</b> , 31, 184-192	4.6	4
227	Effects of Vertically and Horizontally Orientated Plyometric Training on Physical Performance: A Meta-analytical Comparison. <i>Sports Medicine</i> , <b>2021</b> , 51, 65-79	10.6	8
226	Evidence-Based Exercise Recommendations to Improve Mental Wellbeing in Women with Breast Cancer During Active Treatment: A Systematic Review and Meta-Analysis. <i>Cancers</i> , <b>2021</b> , 13,	6.6	7
225	Effects of Exercise Interventions on Inflammatory Parameters in Acutely Hospitalized Older Patients: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Journal of Clinical Medicine</i> , <b>2021</b> , 10,	5.1	2

224	Physical Activity, Sedentary Behavior, Sleep and Self-Regulation in Spanish Preschoolers during the COVID-19 Lockdown. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	30
223	Discriminatory capacity of obesity indicators as predictors of high liver fat in US adolescents. <i>European Journal of Clinical Investigation</i> , <b>2021</b> , e13654	4.6	1
222	Exercise in school Physical Education increase bone mineral content and density: Systematic review and meta-analysis. <i>European Journal of Sport Science</i> , <b>2021</b> , 1-12	3.9	1
221	Racial differences in all-cause mortality and future complications among people with diabetes: a systematic review and meta-analysis of data from more than 2.4 million individuals. <i>Diabetologia</i> , <b>2021</b> , 64, 2389-2401	10.3	3
220	Meeting physical activity and screen time among Colombian adolescents with or without sensory-related problems. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2021</b> , 31, 2064-2070	4.6	1
219	The genetic predisposition to obesity has no influence on waist circumference when screen time and sleep duration are adequate in children and adolescents. <i>European Journal of Sport Science</i> , <b>2021</b> , 1-8	3.9	
218	Handgrip strength: Normative reference values in males and females aged 6-64 Years old in a Colombian population. <i>Clinical Nutrition ESPEN</i> , <b>2021</b> , 44, 379-386	1.3	1
217	Muscle weakness is a prognostic indicator of disability and chronic disease multimorbidity. <i>Experimental Gerontology</i> , <b>2021</b> , 152, 111462	4.5	0
216	Effects of 2 physical exercise programs (circuit training and brisk walk) carried out during working hours on multidimensional components of workers' health: a pilot study. <i>International Journal of Occupational Medicine and Environmental Health</i> , <b>2021</b> , 34, 39-51	1.5	3
215	Mediation role of residential density on the association between perceived environmental factors and active commuting to school in Brazilian adolescents. <i>Cadernos De Saude Publica</i> , <b>2021</b> , 37, e00067620	3.2	0
214	Is adherence to the Mediterranean diet associated with healthy habits and physical fitness? A systematic review and meta-analysis including 565'421 youths. <i>British Journal of Nutrition</i> , <b>2020</b> , 1-12	3.6	7
213	A Feasibility Study for Implementation "Health Arcade": A Study Protocol for Prototype of Multidomain Intervention Based on Gamification Technologies in Acutely Hospitalized Older Patients. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	2
212	Higher Cardiorespiratory Fitness Levels May Attenuate the Detrimental Association between Weight Status, Metabolic Phenotype and C-Reactive Protein in Adolescents-A Multi-Cohort Study. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	2
211	Effects of jump training on jumping performance of handball players: A systematic review with meta-analysis of randomised controlled trials. <i>International Journal of Sports Science and Coaching</i> , <b>2020</b> , 15, 584-594	1.8	8
210	Changes in muscle power after usual care or early structured exercise intervention in acutely hospitalized older adults. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2020</b> , 11, 997-1006	10.3	21
209	Physical fitness components in relation to attention capacity in Latin American youth with overweight and obesity. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 1188-1193	4.6	7
208	Tailored exercise is safe and beneficial for acutely hospitalised older adults with COPD. <i>European Respiratory Journal</i> , <b>2020</b> , 56,	13.6	7
207	Lifestyle behaviors predict adolescents bullying victimization in low and middle-income countries. <i>Journal of Affective Disorders</i> , <b>2020</b> , 273, 364-374	6.6	6

206	Methodological characteristics and future directions for plyometric jump training research: A scoping review update. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 983-997	4.6	25
205	Predictive Ability of Waist Circumference and Waist-to-Height Ratio for Cardiometabolic Risk Screening among Spanish Children. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	7
204	Adherence to Mediterranean Diet Related with Physical Fitness and Physical Activity in Schoolchildren Aged 6-13. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	14
203	Normative Values for the Short Physical Performance Battery (SPPB) and Their Association With Anthropometric Variables in Older Colombian Adults. The SABE Study, 2015. <i>Frontiers in Medicine</i> , <b>2020</b> , 7, 52	4.9	14
202	Exercise program and blood pressure in children: The moderating role of sedentary time. <i>Journal of Science and Medicine in Sport</i> , <b>2020</b> , 23, 854-859	4.4	2
201	Association Between Ideal Cardiovascular Health Score and Relative Handgrip Strength of Community-Dwelling Older Adults in Colombia. <i>Journal of the American Medical Directors Association</i> , <b>2020</b> , 21, 434-436.e2	5.9	4
200	Association of Physical Education With Improvement of Health-Related Physical Fitness Outcomes and Fundamental Motor Skills Among Youths: A Systematic Review and Meta-analysis. <i>JAMA Pediatrics</i> , <b>2020</b> , 174, e200223	8.3	31
199	Effects of plyometric jump training in female soccer player's vertical jump height: A systematic review with meta-analysis. <i>Journal of Sports Sciences</i> , <b>2020</b> , 38, 1475-1487	3.6	18
198	Relative Handgrip Strength Diminishes the Negative Effects of Excess Adiposity on Dependence in Older Adults: A Moderation Analysis. <i>Journal of Clinical Medicine</i> , <b>2020</b> , 9,	5.1	3
197	Normal-Weight Obesity Is Associated with Increased Cardiometabolic Risk in Young Adults. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	17
196	Physical activity, screen time and subjective well-being among children. <i>International Journal of Clinical and Health Psychology</i> , <b>2020</b> , 20, 126-134	5.1	29
195	Effects of exercise interventions on the functional status of acutely hospitalised older adults: A systematic review and meta-analysis. <i>Ageing Research Reviews</i> , <b>2020</b> , 61, 101076	12	21
194	Effects of Whole-Body Vibration on Functional Mobility, Balance, Gait Strength, and Quality of Life in Institutionalized Older People: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Journal of Aging and Physical Activity</i> , <b>2020</b> , 28, 219-230	1.6	4
193	2018 Chilean Physical Activity Report Card for Children and Adolescents: Full Report and International Comparisons. <i>Journal of Physical Activity and Health</i> , <b>2020</b> , 1-9	2.5	6
192	Temporal trends in physical fitness and obesity among Brazilian children and adolescents between 2008 and 2014. <i>Journal of Human Sport and Exercise</i> , <b>2020</b> , 15,	1.5	3
191	Effects of Traditional Strength Training Versus Jump Training on Muscular Fitness among Physically Inactive and Sedentary Young Adults. <i>The Open Sports Sciences Journal</i> , <b>2020</b> , 13, 12-19	0.5	1
190	A Narrative Review of Motor Competence in Children and Adolescents: What We Know and What We Need to Find Out. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 18,	4.6	20
189	Safety and Effectiveness of Long-Term Exercise Interventions in Older Adults: A Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Sports Medicine</i> , <b>2020</b> , 50, 1095-1106	10.6	46

188	The effects of plyometric jump training on physical fitness attributes in basketball players: A meta-analysis. <i>Journal of Sport and Health Science</i> , <b>2020</b> ,	8.2	8
187	Clustering Patterns of Physical Fitness, Physical Activity, Sedentary, and Dietary Behavior among School Children. <i>Childhood Obesity</i> , <b>2020</b> , 16, 564-570	2.5	2
186	Circulating Cytokines and Lower Body Muscle Performance in Older Adults at Hospital Admission. <i>Journal of Nutrition, Health and Aging</i> , <b>2020</b> , 24, 1131-1139	5.2	1
185	The Effect of 12 Weeks of Different Exercise Training Modalities or Nutritional Guidance on Cardiometabolic Risk Factors, Vascular Parameters, and Physical Fitness in Overweight Adults: Cardiometabolic High-Intensity Interval Training-Resistance Training Randomized Controlled Study. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 2178-2188	3.2	3
184	Healthy Lifestyle Behaviors and Their Association with Self-Regulation in Chilean Children. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	6
183	Association between Exercise-Induced Changes in Cardiorespiratory Fitness and Adiposity among Overweight and Obese Youth: A Meta-Analysis and Meta-Regression Analysis. <i>Children</i> , <b>2020</b> , 7,	2.8	2
182	Influence of Adiposity on Physical Activity in Schoolchildren: The Moderator Role of Adherence to the Mediterranean Diet. <i>Sustainability</i> , <b>2020</b> , 12, 6474	3.6	2
181	Association of Cardiorespiratory Fitness Levels During Youth With Health Risk Later in Life: A Systematic Review and Meta-analysis. <i>JAMA Pediatrics</i> , <b>2020</b> , 174, 952-960	8.3	33
180	Bullying victimization, physical inactivity and sedentary behavior among children and adolescents: a meta-analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2020</b> , 17, 114	8.4	2
179	Effect of Moderate- Versus High-Intensity Interval Exercise Training on Heart Rate Variability Parameters in Inactive Latin-American Adults: A Randomized Clinical Trial. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 3403-3415	3.2	13
178	Muscle strength cut-offs for the detection of metabolic syndrome in a nonrepresentative sample of collegiate students from Colombia. <i>Journal of Sport and Health Science</i> , <b>2020</b> , 9, 283-290	8.2	9
177	Effects of Exercise Intervention on Health-Related Physical Fitness and Blood Pressure in Preschool Children: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Sports Medicine</i> , <b>2020</b> , 50, 187-203	10.6	16
176	Fitness as a Mediator of the Enhancement of Quality of Life after a 6-Months Exercise Program. <i>Research Quarterly for Exercise and Sport</i> , <b>2020</b> , 91, 24-33	1.9	3
175	A before-school physical activity intervention to improve cognitive parameters in children: The Active-Start study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 108-116	4.6	13
174	Normal-Weight Obesity Is Associated with Poorer Cardiometabolic Profile and Lower Physical Fitness Levels in Children and Adolescents. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	11
173	Cardiorespiratory Fitness Cut-Points are Related to Body Adiposity Parameters in Latin American Adolescents. <i>Medicina (Lithuania)</i> , <b>2019</b> , 55,	3.1	10
172	Feasibility and Reliability of Physical Fitness Tests among Colombian Preschool Children. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	3
171	Homeostasis Model Assessment cut-off points related to metabolic syndrome in children and adolescents: a systematic review and meta-analysis. <i>European Journal of Pediatrics</i> , <b>2019</b> , 178, 1813-1822	4.1	15

170	Effects of exercise training on Fetuin-a in obese, type 2 diabetes and cardiovascular disease in adults and elderly: a systematic review and Meta-analysis. <i>Lipids in Health and Disease</i> , <b>2019</b> , 18, 23	4.4	10
169	Reply to the commentary on: High-speed resistance training in elderly women: Effects of cluster training sets on functional performance and quality of life. <i>Experimental Gerontology</i> , <b>2019</b> , 123, 34-35	4.5	
168	Can a before-school physical activity program decrease bullying victimization in disadvantaged children? The Active-Start Study. <i>International Journal of Clinical and Health Psychology</i> , <b>2019</b> , 19, 237-242	5.1	10
167	Schoolbag weight carriage in Portuguese children and adolescents: a cross-sectional study comparing possible influencing factors. <i>BMC Pediatrics</i> , <b>2019</b> , 19, 157	2.6	4
166	Handgrip strength attenuates the adverse effects of overweight on cardiometabolic risk factors among collegiate students but not in individuals with higher fat levels. <i>Scientific Reports</i> , <b>2019</b> , 9, 6986	4.9	9
165	Effects of kinesio taping alone versus sham taping in individuals with musculoskeletal conditions after intervention for at least one week: a systematic review and meta-analysis. <i>Physiotherapy</i> , <b>2019</b> , 105, 412-420	3	21
164	Association between bullying victimization and physical fitness among children and adolescents. <i>International Journal of Clinical and Health Psychology</i> , <b>2019</b> , 19, 134-140	5.1	14
163	Reference values for handgrip strength and their association with intrinsic capacity domains among older adults. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2019</b> , 10, 278-286	10.3	57
162	Ideal Cardiovascular Health, Handgrip Strength, and Muscle Mass Among College Students: The FUPRECOL Adults Study. <i>Journal of Strength and Conditioning Research</i> , <b>2019</b> , 33, 747-754	3.2	8
161	Is Muscular Fitness Associated with Future Health Benefits in Children and Adolescents? A Systematic Review and Meta-Analysis of Longitudinal Studies. <i>Sports Medicine</i> , <b>2019</b> , 49, 1079-1094	10.6	154
160	Effectiveness of HIIT compared to moderate continuous training in improving vascular parameters in inactive adults. <i>Lipids in Health and Disease</i> , <b>2019</b> , 18, 42	4.4	24
159	Exercise, health outcomes, and pediatric obesity: A systematic review of meta-analyses. <i>Journal of Science and Medicine in Sport</i> , <b>2019</b> , 22, 76-84	4.4	31
158	Health-related physical fitness and weight status in 13- to 15-year-old Latino adolescents. A pooled analysis. <i>Jornal De Pediatria</i> , <b>2019</b> , 95, 435-442	2.6	15
157	Health-related physical fitness and weight status in 13- to 15-year-old Latino adolescents. A pooled analysis. <i>Jornal De Pediatria (Versão Em Português)</i> , <b>2019</b> , 95, 435-442	0.2	1
156	Association of leisure time and occupational physical activity with obesity and cardiovascular risk factors in Chile. <i>Journal of Sports Sciences</i> , <b>2019</b> , 37, 2549-2559	3.6	6
155	Cardiorespiratory Fitness Normative Values in Latin-American Adolescents: Role of Fatness Parameters. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	2
154	Sociodemographic patterns of urine sodium excretion and its association with hypertension in Chile: a cross-sectional analysis. <i>Public Health Nutrition</i> , <b>2019</b> , 22, 2012-2021	3.3	6
153	Testosterone and Cortisol Responses to HIIT and Continuous Aerobic Exercise in Active Young Men. <i>Sustainability</i> , <b>2019</b> , 11, 6069	3.6	2

152	Associations between Dairy Intake, Body Composition, and Cardiometabolic Risk Factors in Spanish Schoolchildren: The Cuenca Study. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	2
151	The combined association of adherence to Mediterranean diet, muscular and cardiorespiratory fitness on low-grade inflammation in adolescents: a pooled analysis. <i>European Journal of Nutrition</i> , <b>2019</b> , 58, 2649-2656	5.2	7
150	Muscle mass to visceral fat ratio is an important predictor of the metabolic syndrome in college students. <i>British Journal of Nutrition</i> , <b>2019</b> , 121, 330-339	3.6	6
149	Independent and combined effects of handgrip strength and adherence to a Mediterranean diet on blood pressure in Chilean children. <i>Nutrition</i> , <b>2019</b> , 60, 170-174	4.8	10
148	Reply to the comments on: concurrent aerobic plus resistance exercise versus aerobic exercise alone to improve health outcomes in paediatric obesity: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2019</b> , 53, 1045-1046	10.3	2
147	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. <i>Sports Medicine</i> , <b>2018</b> , 48, 1059-1081	10.6	74
146	Low-grade inflammation and muscular fitness on insulin resistance in adolescents: Results from LabMed Physical Activity Study. <i>Pediatric Diabetes</i> , <b>2018</b> , 19, 429-435	3.6	10
145	Ideal Cardiovascular Health and Arterial Stiffness in Spanish Adults-The EVIDENT Study. <i>Journal of Stroke and Cerebrovascular Diseases</i> , <b>2018</b> , 27, 1386-1394	2.8	13
144	Muscular Strength as a Predictor of All-Cause Mortality in an Apparently Healthy Population: A Systematic Review and Meta-Analysis of Data From Approximately 2 Million Men and Women. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2018</b> , 99, 2100-2113.e5	2.8	187
143	Comparison of Different Maximal Oxygen Uptake Equations to Discriminate the Cardiometabolic Risk in Children and Adolescents. <i>Journal of Pediatrics</i> , <b>2018</b> , 194, 152-157.e1	3.6	10
142	Exercise and postprandial lipemia: effects on vascular health in inactive adults. <i>Lipids in Health and Disease</i> , <b>2018</b> , 17, 69	4.4	18
141	Handgrip and knee extension strength as predictors of cancer mortality: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 1852-1858	4.6	22
140	Can physical activity attenuate the negative association between sitting time and cognitive function among older adults? A mediation analysis. <i>Experimental Gerontology</i> , <b>2018</b> , 106, 173-177	4.5	9
139	Concurrent aerobic plus resistance exercise versus aerobic exercise alone to improve health outcomes in paediatric obesity: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2018</b> , 52, 161-166	10.3	60
138	Effectiveness of school-based physical activity programmes on cardiorespiratory fitness in children: a meta-analysis of randomised controlled trials. <i>British Journal of Sports Medicine</i> , <b>2018</b> , 52, 1234-1240	10.3	43
137	Validation of multi-frequency bioelectrical impedance analysis versus dual-energy X-ray absorptiometry to measure body fat percentage in overweight/obese Colombian adults. <i>American Journal of Human Biology</i> , <b>2018</b> , 30, e23071	2.7	11
136	Prevalence of Ideal Cardiovascular Health and Its Association with Cognitive Function in Older Adults: The Chilean National Health Survey (2009-2010). <i>Rejuvenation Research</i> , <b>2018</b> , 21, 333-340	2.6	8
135	High-speed resistance training in elderly women: Effects of cluster training sets on functional performance and quality of life. <i>Experimental Gerontology</i> , <b>2018</b> , 110, 216-222	4.5	27



134	Acute effects of high-intensity interval, resistance or combined exercise protocols on testosterone - cortisol responses in inactive overweight individuals. <i>Physiology and Behavior</i> , <b>2018</b> , 194, 401-409	3.5	6
133	Effects of an exercise program on hepatic metabolism, hepatic fat, and cardiovascular health in overweight/obese adolescents from Bogotá-Colombia (the HEPAFIT study): study protocol for a randomized controlled trial. <i>Trials</i> , <b>2018</b> , 19, 330	2.8	10
132	Acute Effects of High Intensity, Resistance, or Combined Protocol on the Increase of Level of Neurotrophic Factors in Physically Inactive Overweight Adults: The BrainFit Study. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 741	4.6	26
131	The Intention to be Physically Active in Sedentary Obese Children: A Longitudinal Study. <i>Behavioral Sciences (Basel, Switzerland)</i> , <b>2018</b> , 8,	2.3	2
130	Longitudinal association between ideal cardiovascular health status and muscular fitness in adolescents: The LabMed Physical Activity Study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2018</b> , 28, 892-899	4.5	7
129	Cardiorespiratory Fitness as a Mediator of the Influence of Diet on Obesity in Children. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	7
128	Optimal Adherence to a Mediterranean Diet and High Muscular Fitness Are Associated with a Healthier Cardiometabolic Profile in Collegiate Students. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	9
127	Optimal Adherence to a Mediterranean Diet May Not Overcome the Deleterious Effects of Low Physical Fitness on Cardiovascular Disease Risk in Adolescents: A Cross-Sectional Pooled Analysis. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	14
126	Role of sleep duration and sleep-related problems in the metabolic syndrome among children and adolescents. <i>Italian Journal of Pediatrics</i> , <b>2018</b> , 44, 9	3.2	21
125	Changes in muscular fitness and its association with blood pressure in adolescents. <i>European Journal of Pediatrics</i> , <b>2018</b> , 177, 1101-1109	4.1	12
124	Prevalence of probable Attention-Deficit/Hyperactivity Disorder symptoms: result from a Spanish sample of children. <i>BMC Pediatrics</i> , <b>2018</b> , 18, 111	2.6	9
123	Active commuting to and from university, obesity and metabolic syndrome among Colombian university students. <i>BMC Public Health</i> , <b>2018</b> , 18, 523	4.1	19
122	Interindividual responses to different exercise stimuli among insulin-resistant women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 2052-2065	4.6	6
121	Effects of Polarized Training on Cardiometabolic Risk Factors in Young Overweight and Obese Women: A Randomized-Controlled Trial. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1287	4.6	9
120	Comparison of Bioelectrical Impedance Analysis, Slaughter Skinfold-Thickness Equations, and Dual-Energy X-ray Absorptiometry for Estimating Body Fat Percentage in Colombian Children and Adolescents with Excess of Adiposity. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	19
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118	Fat-to-Muscle Ratio: A New Anthropometric Indicator as a Screening Tool for Metabolic Syndrome in Young Colombian People. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	15
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115	Does anthropometric and fitness parameters mediate the effect of exercise on the HRQoL of overweight and obese children/adolescents?. <i>Quality of Life Research</i> , <b>2018</b> , 27, 2305-2312	3.7	4
114	Discriminatory Power of Women's Handball Game-Related Statistics at the Olympic Games (2004-2016). <i>Journal of Human Kinetics</i> , <b>2018</b> , 62, 221-229	2.6	10
113	The relationship between socioeconomic status and beverage consumption in children: The Cuenca Study. <i>Nutricion Hospitalaria</i> , <b>2018</b> , 35, 368-374	1	1
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111	Clinical Trial To Assess The Effect Of High-intensity Interval, Progressive Resistance Or Concurrent Exercise Protocol On Hormonal Responses In Latin-american Overweight Adults. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 60	1.2	
110	Analysis of pacing strategies in 10 km open water swimming in international events. <i>Kinesiology</i> , <b>2018</b> , 50, 243-250	1	2
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108	Normalized Grip Strength Thresholds for the Detection of Metabolic Syndrome in Colombian Collegiate Students. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 216	1.2	
107	Results from Chile's 2018 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , <b>2018</b> , 15, S331-S332	2.5	17
106	The role of body fat in the relationship of cardiorespiratory fitness with cardiovascular risk factors in Brazilian children. <i>Motriz Revista De Educacao Fisica</i> , <b>2018</b> , 24,	0.9	2
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104	Patterns of healthy lifestyle behaviours in older adults: Findings from the Chilean National Health Survey 2009-2010. <i>Experimental Gerontology</i> , <b>2018</b> , 113, 180-185	4.5	4
103	Effects of Plyometric Training on Explosive and Endurance Performance at Sea Level and at High Altitude. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1415	4.6	9
102	Ideal Cardiovascular Health and Incident Cardiovascular Disease Among Adults: A Systematic Review and Meta-analysis. <i>Mayo Clinic Proceedings</i> , <b>2018</b> , 93, 1589-1599	6.4	21
101	Obesity, Cardiorespiratory Fitness, and Self-Reported Sleep Patterns in Chilean School-Aged Children. <i>Behavioral Sleep Medicine</i> , <b>2017</b> , 15, 70-80	4.2	7
100	Relationship of weight status, physical activity and screen time with academic achievement in adolescents. <i>Obesity Research and Clinical Practice</i> , <b>2017</b> , 11, 44-50	5.4	22
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46	The association between water intake, body composition and cardiometabolic factors among children - The Cuenca study. <i>Nutricion Hospitalaria</i> , <b>2016</b> , 33, 312	1	8
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3	Relationship between daily physical activity, recess physical activity, age and sex in scholar of primary school, Spain. <i>Revista Espanola De Salud Publica</i> , <b>2011</b> , 85, 481-9	0.4	12
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1	Effects of exercise training on glycaemic control in youths with type 1 diabetes: a systematic review and meta-analysis of randomised controlled trials. <i>European Journal of Sport Science</i> , 1-45	3.9	0