

Alejandro Espeso-García

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5184664/publications.pdf>

Version: 2024-02-01

4
papers

60
citations

1937685

4
h-index

2272923

4
g-index

4
all docs

4
docs citations

4
times ranked

109
citing authors

#	ARTICLE	IF	CITATIONS
1	Sarcopenia, Diet, Physical Activity and Obesity in European Middle-Aged and Older Adults: The LifeAge Study. <i>Nutrients</i> , 2021, 13, 8.	4.1	40
2	Association among Adherence to the Mediterranean Diet, Cardiorespiratory Fitness, Cardiovascular, Obesity, and Anthropometric Variables of Overweight and Obese Middle-Aged and Older Adults. <i>Nutrients</i> , 2020, 12, 2750.	4.1	9
3	Sarcopenia as a Mediator of the Effect of a Gerontogymnastics Program on Cardiorespiratory Fitness of Overweight and Obese Older Women: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7064.	2.6	6
4	Functional Autonomy Evaluation Levels in Middle-Aged and Older Spanish Women: On Behalf of the Healthy-Age Network. <i>Sustainability</i> , 2020, 12, 9208.	3.2	5