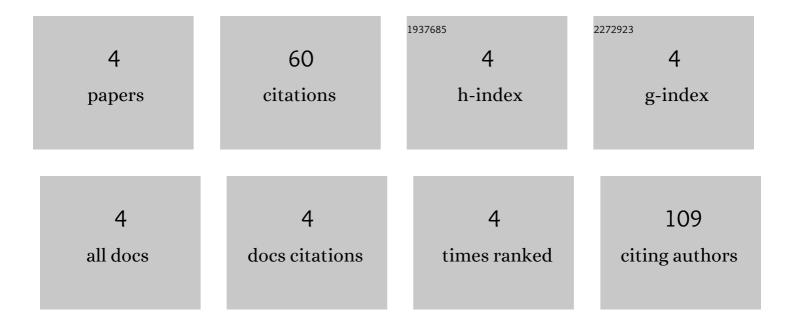
Alejandro Espeso-GarcÃ-a

List of Publications by Year in descending order

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

Version: 2024-02-01



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