

Conrad P Earnest

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.

207
papers

10,898
citations

54
h-index

100
g-index

226
ext. papers

12,485
ext. citations

4
avg, IF

6.03
L-index

#	Paper	IF	Citations
207	Association between weight loss, change in physical activity, and change in quality of life following a corporately sponsored, online weight loss program.. <i>BMC Public Health</i> , 2022 , 22, 451	4.1	0
206	Ingesting a Post-Workout Vegan-Protein Multi-Ingredient Expedites Recovery after Resistance Training in Trained Young Males. <i>Journal of Dietary Supplements</i> , 2021 , 18, 698-713	2.3	3
205	An Examination of a Novel Weight Loss Supplement on Anthropometry and Indices of Cardiovascular Disease Risk. <i>Journal of Dietary Supplements</i> , 2021 , 18, 478-506	2.3	1
204	Exploring Differences in Cardiorespiratory Fitness Response Rates Across Varying Doses of Exercise Training: A Retrospective Analysis of Eight Randomized Controlled Trials. <i>Sports Medicine</i> , 2021 , 51, 1785-1797	10.6	8
203	Sprint interval training vs. combined aerobic + resistance training in overweight women with type 2 diabetes. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021 , 61, 712-724	1.4	0
202	Effect of elastic band resistance training with green coffee extract supplementation on adiposity indices and TyG-related Indicators in Obese Women. <i>Obesity Medicine</i> , 2021 , 24, 100351	2.6	0
201	Combination of resistance and aerobic exercise for six months improves bone mass and physical function in HIV infected individuals: A randomized controlled trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 720-732	4.6	6
200	Impact of a Novel Training Approach on Hemodynamic and Vascular Profiles in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2021 , 1-8	1.6	
199	A Retrospective Analysis of Employee Education Level on Weight Loss Following Participation in an Online, Corporately Sponsored, Weight Loss Program. <i>Journal of Occupational and Environmental Medicine</i> , 2020 , 62, e573-e580	2	1
198	Effects of Physical Activity on Brain Energy Biomarkers in Alzheimer's Diseases. <i>Diseases (Basel, Switzerland)</i> , 2020 , 8,	4.4	1
197	Retrospective Examination of Class Attendance on Corporately Sponsored Weight Loss Programming: The Naturally Slim Experience. <i>Journal of Occupational and Environmental Medicine</i> , 2020 , 62, e102-e110	2	2
196	Small dense low-density lipoprotein-cholesterol (sdLDL-C): Analysis, effects on cardiovascular endpoints and dietary strategies. <i>Progress in Cardiovascular Diseases</i> , 2020 , 63, 503-509	8.5	22
195	2019 Novel Coronavirus: Emphasis on Maintaining Optimal Levels of Physical Activity Under Self-quarantine Conditions. <i>International Journal of Epidemiologic Research</i> , 2020 , 7, 49-51	0.5	2
194	Adaptations to exercise in compensators and noncompensators in the E-MECHANIC Trial. <i>Journal of Applied Physiology</i> , 2020 , 129, 317-324	3.7	2
193	The effects of varying doses of caffeine on cardiac parasympathetic reactivation following an acute bout of anaerobic exercise in recreational athletes. <i>Journal of the International Society of Sports Nutrition</i> , 2020 , 17, 44	4.5	8
192	The Effects of Energy Drink Consumption on Cognitive and Physical Performance in Elite Players. <i>Sports</i> , 2019 , 7,	3	26
191	Comparison of ingesting a food bar containing whey protein and isomalto-oligosaccharides to carbohydrate on performance and recovery from an acute bout of resistance-exercise and sprint conditioning: an open label, randomized, counterbalanced, crossover pilot study. <i>Journal of the International Society of Sports Nutrition</i> , 2019 , 16, 34	4.5	6

190	Effect of different doses of supervised exercise on food intake, metabolism, and non-exercise physical activity: The E-MECHANIC randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2019 , 110, 583-592	7	38
189	Lipoprotein(a): Current Evidence for a Physiologic Role and the Effects of Nutraceutical Strategies. <i>Clinical Therapeutics</i> , 2019 , 41, 1780-1797	3.5	23
188	Coconut oil intake and its effects on the cardiometabolic profile - A structured literature review. <i>Progress in Cardiovascular Diseases</i> , 2019 , 62, 436-443	8.5	14
187	A Family History Of Type 2 Diabetes Does Not Limit Exercise Induced Improvement In Aerobic Fitness And Mitochondrial Function In Normoglycemic Sedentary Men. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 979-979	1.2	
186	Effect of a Short-term Lifestyle Modification Program on Quality of Life, Anthropometric Characteristics and CD4+T Cell Count of HIV Infected Patients in Tehran/Iran: A Randomized Controlled Trial. <i>Explore: the Journal of Science and Healing</i> , 2019 , 15, 308-315	1.4	0
185	Effects of Aerobic Dance Training on Psychological Well-Being and Immune Function of Women Living With HIV. <i>Journal of the Association of Nurses in AIDS Care</i> , 2019 , 30, 238-244	1.6	3
184	The Efficacy of Re-Engaging in an Employer Sponsored Weight Loss Program. <i>Journal of Occupational and Environmental Medicine</i> , 2019 , 61, e516-e522	2	5
183	Effects of Protein Versus Carbohydrate Supplementation on Markers of Immune Response in Master Triathletes: A Randomized Controlled Trial. <i>Journal of the American College of Nutrition</i> , 2019 , 38, 395-404	3.5	0
182	Metabolic adaptations to endurance training and nutrition strategies influencing performance. <i>Research in Sports Medicine</i> , 2019 , 27, 134-146	3.8	7
181	Effect of 8 Weeks of Hospital-Based Resistance Training Program on TCD4+ Cell Count and Anthropometric Characteristic of Patients With HIV in Tehran, Iran: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 1146-1155	3.2	9
180	Free-living, continuous hypo-hydration, and cardiovascular response to exercise in a heated environment. <i>Physiological Reports</i> , 2018 , 6, e13672	2.6	2
179	Fruit for sport. <i>Trends in Food Science and Technology</i> , 2018 , 74, 85-98	15.3	13
178	Metabolic and Mechanical Effects of Laddermill Graded Exercise Testing. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 195-200	3.2	
177	Poor Sleep Quality is Associated with Insulin Resistance in Postmenopausal Women With and Without Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , 2018 , 16, 183-189	2.6	14
176	Effects of regular endurance exercise on GlycA: Combined analysis of 14 exercise interventions. <i>Atherosclerosis</i> , 2018 , 277, 1-6	3.1	7
175	Dietary Manipulations Concurrent to Endurance Training. <i>Journal of Functional Morphology and Kinesiology</i> , 2018 , 3,	2.4	5
174	The Effects of Exercise and Physical Activity on Weight Loss and Maintenance. <i>Progress in Cardiovascular Diseases</i> , 2018 , 61, 206-213	8.5	134
173	Glycemic and Insulinemic Response to Ingestion of a Novel Food Bar Containing Whey Protein and Isomalto-Oligosaccharides. <i>FASEB Journal</i> , 2018 , 32, lb371	0.9	1

172	The Impact of Chronic Omega-3 Polyunsaturated Fatty Acids Supplementation and Aerobic Training on Oxidative Stress Markers in Obese Women. <i>FASEB Journal</i> , 2018 , 32, 724.11	0.9	1
171	Heart Rate Variability During Submaximal Exercise And The Impact Of Gender And Race. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 281-282	1.2	
170	Bone Mineral Density In Older Adults With T2DM After Exercise Training. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 755	1.2	
169	PRIME: A Novel Low-Mass, High-Repetition Approach to Improve Function in Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 1005-1014	1.2	4
168	Effects of six weeks of resistance-endurance training on microRNA-29 expression in the heart of ovariectomised rats. <i>Przegląd Menopauzalny</i> , 2018 , 17, 155-160	1.2	1
167	Effects of nine weeks L-Carnitine supplementation on exercise performance, anaerobic power, and exercise-induced oxidative stress in resistance-trained males. <i>Journal of Exercise Nutrition & Biochemistry</i> , 2018 , 22, 7-19	1.2	8
166	Reporting Characteristics in Sports Nutrition. <i>Sports</i> , 2018 , 6,	3	2
165	Efficacy of a randomized trial examining commercial weight loss programs and exercise on metabolic syndrome in overweight and obese women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 216-227	3	78
164	Effects of ingesting a pre-workout dietary supplement with and without synephrine for 8 weeks on training adaptations in resistance-trained males. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 1	4.5	25
163	Dose Response to One Week of Supplementation of a Multi-Ingredient Preworkout Supplement Containing Caffeine Before Exercise. <i>Journal of Caffeine Research</i> , 2017 , 7, 81-94		7
162	Retrospective Analysis Of Weight Loss Relative To Protein Intake During Short-term Exercise Training In Women. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 987	1.2	
161	Carbohydrates Alone or Mixing With Beef or Whey Protein Promote Similar Training Outcomes in Resistance Training Males: A Double-Blind, Randomized Controlled Clinical Trial. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2017 , 27, 408-420	4.4	11
160	Cardiorespiratory Fitness and Exercise Training in African Americans. <i>Progress in Cardiovascular Diseases</i> , 2017 , 60, 96-102	8.5	12
159	International society of sports nutrition position stand: diets and body composition. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 16	4.5	91
158	Retrospective Analysis of Annual Worksite Preventive Health Checkups on Hypertension and Metabolic Syndrome. <i>Journal of Occupational and Environmental Medicine</i> , 2017 , 59, e74-e83	2	3
157	Effects of acute ingestion of a pre-workout dietary supplement with and without synephrine on resting energy expenditure, cognitive function and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 3	4.5	25
156	Effects of protein-carbohydrate supplementation on immunity and resistance training outcomes: a double-blind, randomized, controlled clinical trial. <i>European Journal of Applied Physiology</i> , 2017 , 117, 267-277	3.4	16
155	Perceived Exertion Compared to Physiological Exertion over the course of Two Different Exercise Interventions. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 1043-1044	1.2	1

154	Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Exercise Performance and Recovery. <i>Nutrients</i> , 2017 , 9,	6.7	17
153	Hematological and Hemodynamic Responses to Acute and Short-Term Creatine Nitrate Supplementation. <i>Nutrients</i> , 2017 , 9,	6.7	9
152	Evaluation of efforts in untrained Wistar rats following exercise on forced running wheel at maximal lactate steady state. <i>Journal of Exercise Nutrition & Biochemistry</i> , 2017 , 21, 26-32	1.2	8
151	Impact Of Progressive, Chronic Dehydration On Cardiovascular Responses To Exercise In A Heated Environment. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 668	1.2	
150	Evaluation of a Voluntary Work Site Weight Loss Program on Hypertension. <i>Journal of Occupational and Environmental Medicine</i> , 2016 , 58, 1207-1211	2	6
149	Acute and chronic safety and efficacy of dose dependent creatine nitrate supplementation and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2016 , 13, 12	4.5	16
148	Effects of clinically significant weight loss with exercise training on insulin resistance and cardiometabolic adaptations. <i>Obesity</i> , 2016 , 24, 812-9	8	39
147	Adverse Cardiovascular Response to Aerobic Exercise Training: Is This a Concern?. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 20-5	1.2	10
146	Retrospective Analysis of Protein- and Carbohydrate-Focused Diets Combined with Exercise on Metabolic Syndrome Prevalence in Overweight and Obese Women. <i>Metabolic Syndrome and Related Disorders</i> , 2016 , 14, 228-37	2.6	7
145	Co-ingestion of Nutritional Ergogenic Aids and High-Intensity Exercise Performance. <i>Sports Medicine</i> , 2016 , 46, 1407-18	10.6	18
144	Combined Aerobic and Resistance Training Effects on Glucose Homeostasis, Fitness, and Other Major Health Indices: A Review of Current Guidelines. <i>Sports Medicine</i> , 2016 , 46, 1809-1818	10.6	24
143	Metabolic Effects of Exercise Training Among Fitness-Nonresponsive Patients With Type 2 Diabetes: The HART-D Study. <i>Diabetes Care</i> , 2015 , 38, 1494-501	14.6	49
142	Exercise and the cardiovascular system: clinical science and cardiovascular outcomes. <i>Circulation Research</i> , 2015 , 117, 207-19	15.7	373
141	Cardiac determinants of heterogeneity in fitness change in response to moderate intensity aerobic exercise training: the DREW study. <i>Journal of the American College of Cardiology</i> , 2015 , 65, 1057-8	15.1	9
140	Nutritional Supplements for Endurance Athletes 2015 , 253-272		2
139	Fluid Balance and Hydration for Human Performance 2015 , 105-119		
138	International society of sports nutrition position stand: Beta-Alanine. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 30	4.5	111
137	Association between Changes in Muscle Quality with Exercise Training and Changes in Cardiorespiratory Fitness Measures in Individuals with Type 2 Diabetes Mellitus: Results from the HART-D Study. <i>PLoS ONE</i> , 2015 , 10, e0135057	3.7	13

136	Evaluation of a Voluntary Worksite Weight Loss Program on Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , 2015 , 13, 406-14	2.6	11
135	A multi-ingredient containing carbohydrate, proteins L-glutamine and L-carnitine attenuates fatigue perception with no effect on performance, muscle damage or immunity in soccer players. <i>PLoS ONE</i> , 2015 , 10, e0125188	3.7	17
134	Gait Pattern Alterations during Walking, Texting and Walking and Texting during Cognitively Distractive Tasks while Negotiating Common Pedestrian Obstacles. <i>PLoS ONE</i> , 2015 , 10, e0133281	3.7	59
133	The role of exercise and physical activity in weight loss and maintenance. <i>Progress in Cardiovascular Diseases</i> , 2014 , 56, 441-7	8.5	408
132	The impact of sarcopenia on a physical activity intervention: the Lifestyle Interventions and Independence for Elders Pilot Study (LIFE-P). <i>Journal of Nutrition, Health and Aging</i> , 2014 , 18, 59-64	5.2	48
131	Examination of mechanisms (E-MECHANIC) of exercise-induced weight compensation: study protocol for a randomized controlled trial. <i>Trials</i> , 2014 , 15, 212	2.8	19
130	Vitamin D status, body composition, and fitness measures in college-aged students. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 814-24	3.2	32
129	Cut points of muscle strength associated with metabolic syndrome in men. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 1475-81	1.2	35
128	Aerobic and strength training in concomitant metabolic syndrome and type 2 diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 1293-301	1.2	32
127	Fluid Balance and Performance are Improved with Ad Libitum Carbohydrate-electrolyte Beverage Intake in the Heat. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 483-484	1.2	2
126	Dose effect of cardiorespiratory exercise on metabolic syndrome in postmenopausal women. <i>American Journal of Cardiology</i> , 2013 , 111, 1805-11	3	38
125	Categorical analysis of the impact of aerobic and resistance exercise training, alone and in combination, on cardiorespiratory fitness levels in patients with type 2 diabetes: results from the HART-D study. <i>Diabetes Care</i> , 2013 , 36, 3305-12	14.6	34
124	Cancer survival through lifestyle change (CASTLE): a pilot study of weight loss. <i>International Journal of Behavioral Medicine</i> , 2013 , 20, 403-12	2.6	20
123	Changes in body fat distribution and fitness are associated with changes in hemoglobin A1c after 9 months of exercise training: results from the HART-D study. <i>Diabetes Care</i> , 2013 , 36, 2843-9	14.6	22
122	Exercise training and quality of life in individuals with type 2 diabetes: a randomized controlled trial. <i>Diabetes Care</i> , 2013 , 36, 1884-90	14.6	49
121	Low cardiorespiratory fitness in African Americans: a health disparity risk factor?. <i>Sports Medicine</i> , 2013 , 43, 1301-13	10.6	30
120	Effect of carbohydrate mouth rinsing on multiple sprint performance. <i>Journal of the International Society of Sports Nutrition</i> , 2013 , 10, 41	4.5	36
119	Measured maximal heart rates compared to commonly used age-based prediction equations in the Heritage Family Study. <i>American Journal of Human Biology</i> , 2013 , 25, 695-701	2.7	30

118	Unlocking the barriers to improved functional capacity in the elderly: rationale and design for the "Fit for Life trial". <i>Contemporary Clinical Trials</i> , 2013 , 36, 266-75	2.3	7
117	Association of coffee consumption with all-cause and cardiovascular disease mortality. <i>Mayo Clinic Proceedings</i> , 2013 , 88, 1066-74	6.4	64
116	Nine months of combined training improves ex vivo skeletal muscle metabolism in individuals with type 2 diabetes. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2013 , 98, 1694-702	5.6	83
115	Maximal estimated cardiorespiratory fitness, cardiometabolic risk factors, and metabolic syndrome in the aerobics center longitudinal study. <i>Mayo Clinic Proceedings</i> , 2013 , 88, 259-70	6.4	90
114	Physical activity, cardiorespiratory fitness, and exercise training in primary and secondary coronary prevention. <i>Circulation Journal</i> , 2013 , 77, 281-92	2.9	222
113	Integrating muscle cell biochemistry and whole-body physiology in humans:(31)P-MRS data from the InSight trial. <i>Scientific Reports</i> , 2013 , 3, 1182	4.9	10
112	Racial differences in the response of cardiorespiratory fitness to aerobic exercise training in Caucasian and African American postmenopausal women. <i>Journal of Applied Physiology</i> , 2013 , 114, 1375-82	3.7	24
111	Heart rate variability threshold values for early-warning nonfunctional overreaching in elite female wrestlers. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 1511-9	3.2	25
110	Determinants of the Changes in Glycemic Control with Exercise Training in Type 2 Diabetes: A Randomized Trial. <i>PLoS ONE</i> , 2013 , 8, e62973	3.7	8
109	The Tour de France: an updated physiological review. <i>International Journal of Sports Physiology and Performance</i> , 2012 , 7, 200-9	3.5	21
108	The effect of different doses of aerobic exercise training on endothelial function in postmenopausal women with elevated blood pressure: results from the DREW study. <i>British Journal of Sports Medicine</i> , 2012 , 46, 753-8	10.3	57
107	Heart rate variability and exercise in aging women. <i>Journal of Women's Health</i> , 2012 , 21, 334-9	3	18
106	Exercise training and habitual physical activity: a randomized controlled trial. <i>American Journal of Preventive Medicine</i> , 2012 , 43, 629-35	6.1	19
105	Adverse metabolic response to regular exercise: is it a rare or common occurrence?. <i>PLoS ONE</i> , 2012 , 7, e37887	3.7	245
104	Effect of different doses of aerobic exercise training on total bilirubin levels. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 569-74	1.2	28
103	Effect of exercise training modality on C-reactive protein in type 2 diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 1028-34	1.2	18
102	Dose-response effects of exercise training on the subjective sleep quality of postmenopausal women: exploratory analyses of a randomised controlled trial. <i>BMJ Open</i> , 2012 , 2,	3	60
101	The effect of exercise training modality on serum brain derived neurotrophic factor levels in individuals with type 2 diabetes. <i>PLoS ONE</i> , 2012 , 7, e42785	3.7	35

100	Effect of different doses of aerobic exercise on total white blood cell (WBC) and WBC subfraction number in postmenopausal women: results from DREW. <i>PLoS ONE</i> , 2012 , 7, e31319	3.7	34
99	The effect of different doses of aerobic exercise training on exercise blood pressure in overweight and obese postmenopausal women. <i>Menopause</i> , 2012 , 19, 503-9	2.5	19
98	Complementary effects of multivitamin and omega-3 fatty acid supplementation on indices of cardiovascular health in individuals with elevated homocysteine. <i>International Journal for Vitamin and Nutrition Research</i> , 2012 , 82, 41-52	1.7	6
97	Endurance and resistance training lowers C-reactive protein in young, healthy females. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011 , 36, 660-70	3	11
96	Trends over 5 decades in U.S. occupation-related physical activity and their associations with obesity. <i>PLoS ONE</i> , 2011 , 6, e19657	3.7	735
95	Impact of physical activity, cardiorespiratory fitness, and exercise training on markers of inflammation. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2011 , 31, 137-45	3.6	135
94	Sun-dried raisins are a cost-effective alternative to Sports Jelly Beans in prolonged cycling. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 3150-6	3.2	10
93	Patterns of adult stepping cadence in the 2005-2006 NHANES. <i>Preventive Medicine</i> , 2011 , 53, 178-81	4.3	111
92	Does age attenuate aerobic conditioning response in postmenopausal women? Response. <i>European Journal of Applied Physiology</i> , 2011 , 111, 1559-60	3.4	2
91	Exercise as an augmentation treatment for nonremitted major depressive disorder: a randomized, parallel dose comparison. <i>Journal of Clinical Psychiatry</i> , 2011 , 72, 677-84	4.6	146
90	FTO genotype and the weight loss benefits of moderate intensity exercise. <i>Obesity</i> , 2010 , 18, 641-3	8	50
89	Effects of aerobic and resistance training on hemoglobin A1c levels in patients with type 2 diabetes: a randomized controlled trial. <i>JAMA - Journal of the American Medical Association</i> , 2010 , 304, 2253-62	27.4	550
88	Effects of different doses of physical activity on C-reactive protein among women. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 701-7	1.2	37
87	Association of white blood cell subfraction concentration with fitness and fatness. <i>British Journal of Sports Medicine</i> , 2010 , 44, 588-93	10.3	16
86	Autonomic function and change in insulin for exercising postmenopausal women. <i>Maturitas</i> , 2010 , 65, 284-91	5	12
85	Exercise without weight loss does not reduce C-reactive protein: the INFLAME study. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 708-16	1.2	90
84	A TCF7L2 Single Nucleotide Polymorphism and Pancreatic b-Cell Function Post-Moderate Intensity Exercise Training. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 88	1.2	
83	Age attenuated response to aerobic conditioning in postmenopausal women. <i>European Journal of Applied Physiology</i> , 2010 , 110, 75-82	3.4	12

82	ISSN exercise & sport nutrition review: research & recommendations. <i>Journal of the International Society of Sports Nutrition</i> , 2010 , 7,	4.5	177
81	An evaluation of endurance and combined endurance and resistance training on fitness and C-reactive protein. <i>FASEB Journal</i> , 2010 , 24, 806.11	0.9	
80	Changes in weight, waist circumference and compensatory responses with different doses of exercise among sedentary, overweight postmenopausal women. <i>PLoS ONE</i> , 2009 , 4, e4515	3.7	183
79	Leisure time sedentary behavior, occupational/domestic physical activity, and metabolic syndrome in U.S. men and women. <i>Metabolic Syndrome and Related Disorders</i> , 2009 , 7, 529-36	2.6	131
78	Heart rate and exercise intensity during training: observations from the DREW Study. <i>British Journal of Sports Medicine</i> , 2009 , 43, 750-5	10.3	4
77	Time trial exertion traits of cycling Grand Tours. <i>International Journal of Sports Medicine</i> , 2009 , 30, 240-46	4.6	10
76	Exercise dose and quality of life: a randomized controlled trial. <i>Archives of Internal Medicine</i> , 2009 , 169, 269-78		177
75	Profiles of sedentary behavior in children and adolescents: the US National Health and Nutrition Examination Survey, 2001-2006. <i>Pediatric Obesity</i> , 2009 , 4, 353-9		170
74	The role of exercise interval training in treating cardiovascular disease risk factors. <i>Current Cardiovascular Risk Reports</i> , 2009 , 3, 296-301	0.9	8
73	Microencapsulated foods as a functional delivery vehicle for omega-3 fatty acids: a pilot study. <i>Journal of the International Society of Sports Nutrition</i> , 2009 , 6, 12	4.5	9
72	Obesity, coffee consumption and CRP levels in postmenopausal overweight/obese women: importance of hormone replacement therapy use. <i>European Journal of Clinical Nutrition</i> , 2009 , 63, 1419-24	5.2	23
71	Metabolic syndrome and diabetes, alone and in combination, as predictors of cardiovascular disease mortality among men. <i>Diabetes Care</i> , 2009 , 32, 1289-94	14.6	68
70	Effect of exercise training on cardiometabolic risk markers among sedentary, but metabolically healthy overweight or obese post-menopausal women with elevated blood pressure. <i>Atherosclerosis</i> , 2009 , 207, 530-3	3.1	89
69	Exercise dose-response of the V(E)/VCO(2) slope in postmenopausal women in the DREW study. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 971-6	1.2	9
68	Volume of exercise and fitness nonresponse in sedentary, postmenopausal women. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 539-45	1.2	106
67	Effect of exercise dose on fat oxidation capacity in postmenopausal women. <i>FASEB Journal</i> , 2009 , 23, 955.22	0.9	
66	Exercise interval training: an improved stimulus for improving the physiology of pre-diabetes. <i>Medical Hypotheses</i> , 2008 , 71, 752-61	3.8	31
65	Inflammation and exercise (INFLAME): study rationale, design, and methods. <i>Contemporary Clinical Trials</i> , 2008 , 29, 418-27	2.3	11

64	Cardiorespiratory fitness as a predictor of cancer mortality among men with pre-diabetes and diabetes. <i>Diabetes Care</i> , 2008 , 31, 764-9	14.6	28
63	Maximal fitness testing in sedentary elderly at substantial risk of disability: LIFE-P study experience. <i>Journal of Aging and Physical Activity</i> , 2008 , 16, 408-15	1.6	11
62	Heart rate variability characteristics in sedentary postmenopausal women following six months of exercise training: the DREW study. <i>PLoS ONE</i> , 2008 , 3, e2288	3.7	57
61	Dose-Response of Exercise and VE/VCO ₂ Slope in Postmenopausal Women: The DREW Study. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, S329	1.2	
60	Exertional Characteristics of Time Trial Performance During the Grand Tours of Cycling. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, S390	1.2	
59	Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of anabolism, catabolism, and immunity. <i>Journal of the International Society of Sports Nutrition</i> , 2007 , 4, 18	4.5	16
58	Examination of encapsulated phytosterol ester supplementation on lipid indices associated with cardiovascular disease. <i>Nutrition</i> , 2007 , 23, 625-33	4.8	26
57	Effects of different doses of physical activity on cardiorespiratory fitness among sedentary, overweight or obese postmenopausal women with elevated blood pressure: a randomized controlled trial. <i>JAMA - Journal of the American Medical Association</i> , 2007 , 297, 2081-91	27.4	479
56	Encapsulated phytosterol ester ingestion positively alters lipid profiles in hypercholesterolemic adults. <i>FASEB Journal</i> , 2007 , 21, A337	0.9	
55	Frequency of the VO ₂ max plateau phenomenon in world-class cyclists. <i>International Journal of Sports Medicine</i> , 2006 , 27, 984-92	3.6	61
54	Combined aerobic and resistance training in breast cancer survivors: A randomized, controlled pilot trial. <i>International Journal of Sports Medicine</i> , 2006 , 27, 573-80	3.6	121
53	ACTN3 genotype in professional endurance cyclists. <i>International Journal of Sports Medicine</i> , 2006 , 27, 880-4	3.6	70
52	The effects of protein and amino acid supplementation on performance and training adaptations during ten weeks of resistance training. <i>Journal of Strength and Conditioning Research</i> , 2006 , 20, 643-53	3.2	99
51	Does creatine supplementation improve functional capacity in elderly women?. <i>Journal of Strength and Conditioning Research</i> , 2006 , 20, 22-8	3.2	27
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