

Conrad P Earnest

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5528337/publications.pdf>

Version: 2024-02-01

225
papers

14,197
citations

22099

59
h-index

21474

114
g-index

226
all docs

226
docs citations

226
times ranked

15747
citing authors

#	ARTICLE	IF	CITATIONS
1	Association between weight loss, change in physical activity, and change in quality of life following a corporately sponsored, online weight loss program. BMC Public Health, 2022, 22, 451.	1.2	3
2	Interindividual Differences in Trainability and Moderators of Cardiorespiratory Fitness, Waist Circumference, and Body Mass Responses: A Large-Scale Individual Participant Data Meta-analysis. Sports Medicine, 2022, 52, 2837-2851.	3.1	13
3	Ingesting a Post-Workout Vegan-Protein Multi-Ingredient Expedites Recovery after Resistance Training in Trained Young Males. Journal of Dietary Supplements, 2021, 18, 698-713.	1.4	7
4	An Examination of a Novel Weight Loss Supplement on Anthropometry and Indices of Cardiovascular Disease Risk. Journal of Dietary Supplements, 2021, 18, 478-506.	1.4	3
5	Combination of resistance and aerobic exercise for six months improves bone mass and physical function in HIV infected individuals: A randomized controlled trial. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 720-732.	1.3	12
6	Impact of a Novel Training Approach on Hemodynamic and Vascular Profiles in Older Adults. Journal of Aging and Physical Activity, 2021, , 1-8.	0.5	0
7	Exploring Differences in Cardiorespiratory Fitness Response Rates Across Varying Doses of Exercise Training: A Retrospective Analysis of Eight Randomized Controlled Trials. Sports Medicine, 2021, 51, 1785-1797.	3.1	19
8	Sprint interval training vs. combined aerobic + resistance training in overweight women with type 2 diabetes. Journal of Sports Medicine and Physical Fitness, 2021, 61, 712-724.	0.4	4
9	Effect of elastic band resistance training with green coffee extract supplementation on adiposity indices and TyG-related Indicators in Obese Women. Obesity Medicine, 2021, 24, 100351.	0.5	3
10	Adaptations to exercise in compensators and noncompensators in the E-MECHANIC Trial. Journal of Applied Physiology, 2020, 129, 317-324.	1.2	3
11	The effects of varying doses of caffeine on cardiac parasympathetic reactivation following an acute bout of anaerobic exercise in recreational athletes. Journal of the International Society of Sports Nutrition, 2020, 17, 44.	1.7	14
12	A Retrospective Analysis of Employee Education Level on Weight Loss Following Participation in an Online, Corporately Sponsored, Weight Loss Program. Journal of Occupational and Environmental Medicine, 2020, 62, e573-e580.	0.9	4
13	Effects of Physical Activity on Brain Energy Biomarkers in Alzheimer's Diseases. Diseases (Basel, Switzerland), 2020, 8, 1078.	0.784314	3
14	Retrospective Examination of Class Attendance on Corporately Sponsored Weight Loss Programming. Journal of Occupational and Environmental Medicine, 2020, 62, e102-e110.	0.9	2
15	Small dense low-density lipoprotein-cholesterol (sdLDL-C): Analysis, effects on cardiovascular endpoints and dietary strategies. Progress in Cardiovascular Diseases, 2020, 63, 503-509.	1.6	48
16	2019 Novel Coronavirus: Emphasis on Maintaining Optimal Levels of Physical Activity Under Self-quarantine Conditions. International Journal of Epidemiologic Research, 2020, 7, 49-51.	0.4	2
17	Lipoprotein(a): Current Evidence for a Physiologic Role and the Effects of Nutraceutical Strategies. Clinical Therapeutics, 2019, 41, 1780-1797.	1.1	35
18	Coconut oil intake and its effects on the cardiometabolic profile – A structured literature review. Progress in Cardiovascular Diseases, 2019, 62, 436-443.	1.6	31

#	ARTICLE	IF	CITATIONS
19	The Effects of Energy Drink Consumption on Cognitive and Physical Performance in Elite League of Legends Players. <i>Sports</i> , 2019, 7, 196.	0.7	41
20	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.	1.7	12
21	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.	2.2	62
22	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.	0.4	4
23	The Efficacy of Re-Engaging in an Employer Sponsored Weight Loss Program. <i>Journal of Occupational and Environmental Medicine</i> , 2019, 61, e516-e522.	0.9	5
24	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.	1.1	3
25	Metabolic adaptations to endurance training and nutrition strategies influencing performance. <i>Research in Sports Medicine</i> , 2019, 27, 134-146.	0.7	10
26	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.	1.0	9
27	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.	0.2	0
28	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.	0.4	3
29	Free-living, continuous hypo-hydration, and cardiovascular response to exercise in a heated environment. <i>Physiological Reports</i> , 2018, 6, e13672.	0.7	3
30	Fruit for sport. <i>Trends in Food Science and Technology</i> , 2018, 74, 85-98.	7.8	15
31	Metabolic and Mechanical Effects of Laddermill Graded Exercise Testing. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 195-200.	1.0	1
32	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.	0.5	21
33	PRIME. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 1005-1014.	0.2	7
34	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.	0.6	3
35	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.	1.3	14
36	Reporting Characteristics in Sports Nutrition. <i>Sports</i> , 2018, 6, 139.	0.7	4

#	ARTICLE	IF	CITATIONS
37	Effects of regular endurance exercise on GlycA: Combined analysis of 14 exercise interventions. <i>Atherosclerosis</i> , 2018, 277, 1-6.	0.4	12
38	Dietary Manipulations Concurrent to Endurance Training. <i>Journal of Functional Morphology and Kinesiology</i> , 2018, 3, 41.	1.1	6
39	The Effects of Exercise and Physical Activity on Weight Loss and Maintenance. <i>Progress in Cardiovascular Diseases</i> , 2018, 61, 206-213.	1.6	298
40	Glycemic and Insulinemic Response to Ingestion of a Novel Food Bar Containing Whey Protein and Isoamyloligosaccharides. <i>FASEB Journal</i> , 2018, 32, 1b371.	0.2	3
41	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.	0.2	1
42	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.	0.2	0
43	Bone Mineral Density In Older Adults With T2DM After Exercise Training. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 755.	0.2	0
44	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.	0.9	95
45	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.	1.7	63
46	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.	1.0	9
47	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.	0.2	0
48	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.	1.0	13
49	Cardiorespiratory Fitness and Exercise Training in African Americans. <i>Progress in Cardiovascular Diseases</i> , 2017, 60, 96-102.	1.6	22
50	International society of sports nutrition position stand: diets and body composition. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 16.	1.7	155
51	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.	0.9	3
52	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.	1.7	37
53	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.	1.2	17
54	Effect Of Aerobic Exercise Intensity On Glycated Hemoglobin, Fitness, And Adiposity In Individuals With Type 2 Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 586.	0.2	0

#	ARTICLE	IF	CITATIONS
55	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.	0.2	3
56	Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Exercise Performance and Recovery. <i>Nutrients</i> , 2017, 9, 823.	1.7	24
57	Hematological and Hemodynamic Responses to Acute and Short-Term Creatine Nitrate Supplementation. <i>Nutrients</i> , 2017, 9, 1359.	1.7	16
58	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.	1.3	9
59	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.	0.2	0
60	Exercise Training Impact On The Accuracy Of The ACSM's Equations To Estimate Energy Expenditure. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 547.	0.2	0
61	Co-ingestion of Nutritional Ergogenic Aids and High-Intensity Exercise Performance. <i>Sports Medicine</i> , 2016, 46, 1407-1418.	3.1	29
62	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.	3.1	28
63	Heart Rate Response And Activity Level In Division I Football Players During Pre-Season Scrimmage Play. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 294.	0.2	0
64	Beverage Composition Influences Ad Libitum Consumption, Hydration Status And Affect During Exercise In The Heat. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 941.	0.2	3
65	Evaluation of a Voluntary Work Site Weight Loss Program on Hypertension. <i>Journal of Occupational and Environmental Medicine</i> , 2016, 58, 1207-1211.	0.9	7
66	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.	1.7	25
67	Effects of clinically significant weight loss with exercise training on insulin resistance and cardiometabolic adaptations. <i>Obesity</i> , 2016, 24, 812-819.	1.5	57
68	Adverse Cardiovascular Response to Aerobic Exercise Training. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 20-25.	0.2	13
69	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, 228-237.	0.5	9
70	Progression of Metabolic Syndrome Component Improvement Following a Behaviorally Focused Worksite Weight Loss Intervention. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 675.	0.2	0
71	The Effect of Clinically Significant Weight Loss with Exercise Training on Cardiometabolic Adaptations. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 668.	0.2	0
72	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.	1.1	14

#	ARTICLE	IF	CITATIONS
73	Evaluation of a Voluntary Worksite Weight Loss Program on Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , 2015, 13, 406-414.	0.5	15
74	Metabolic Effects of Exercise Training Among Fitness-Nonresponsive Patients With Type 2 Diabetes: The HART-D Study. <i>Diabetes Care</i> , 2015, 38, 1494-1501.	4.3	62
75	Exercise and the Cardiovascular System. <i>Circulation Research</i> , 2015, 117, 207-219.	2.0	553
76	Energy Drink Overconsumption in Adolescents: Implications for Arrhythmias and Other Cardiovascular Events. <i>Canadian Journal of Cardiology</i> , 2015, 31, 572-575.	0.8	58
77	Cardiac Determinants of Heterogeneity in Fitness-Change in Response to-Moderate Intensity Aerobic Exercise Training. <i>Journal of the American College of Cardiology</i> , 2015, 65, 1057-1058.	1.2	11
78	Nutritional Supplements for Endurance Athletes. , 2015, , 253-272.		2
79	Fluid Balance and Hydration for Human Performance. , 2015, , 105-119.		0
80	International society of sports nutrition position stand: Beta-Alanine. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 30.	1.7	165
81	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.	1.1	23
82	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.	1.1	88
83	Cut Points of Muscle Strength Associated with Metabolic Syndrome in Men. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 1475-1481.	0.2	41
84	Aerobic and Strength Training in Concomitant Metabolic Syndrome and Type 2 Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 1293-1301.	0.2	49
85	The Role of Exercise and Physical Activity in Weight Loss and Maintenance. <i>Progress in Cardiovascular Diseases</i> , 2014, 56, 441-447.	1.6	555
86	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.	1.5	73
87	Examination of mechanisms (E-MECHANIC) of exercise-induced weight compensation: study protocol for a randomized controlled trial. <i>Trials</i> , 2014, 15, 212.	0.7	23
88	Aerobic and Strength Training In Concomitant Metabolic Syndrome and Type II Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 169.	0.2	0
89	Vitamin D Status, Body Composition, and Fitness Measures in College-Aged Students. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 814-824.	1.0	47
90	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.	0.2	2

#	ARTICLE	IF	CITATIONS
91	Evaluation Of The American College Of Sports Medicine Equations To Estimate Energy Expenditure. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 144.	0.2	0
92	Dose Effect of Cardiorespiratory Exercise on Metabolic Syndrome in Postmenopausal Women. <i>American Journal of Cardiology</i> , 2013, 111, 1805-1811.	0.7	49
93	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. <i>Diabetes Care</i> , 2013, 36, 3305-3312.	4.3	38
94	Cancer Survival Through Lifestyle Change (CASTLE): a Pilot Study of Weight Loss. <i>International Journal of Behavioral Medicine</i> , 2013, 20, 403-412.	0.8	26
95	Changes in Body Fat Distribution and Fitness Are Associated With Changes in Hemoglobin A1c After 9 Months of Exercise Training. <i>Diabetes Care</i> , 2013, 36, 2843-2849.	4.3	30
96	Exercise Training and Quality of Life in Individuals With Type 2 Diabetes. <i>Diabetes Care</i> , 2013, 36, 1884-1890.	4.3	74
97	Low Cardiorespiratory Fitness in African Americans: A Health Disparity Risk Factor?. <i>Sports Medicine</i> , 2013, 43, 1301-1313.	3.1	38
98	Effect of carbohydrate mouth rinsing on multiple sprint performance. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 41.	1.7	42
99	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.	0.8	47
100	High-intensity interval training in patients with cardiovascular diseases and heart transplantation. <i>Journal of Heart and Lung Transplantation</i> , 2013, 32, 1056-1058.	0.3	15
101	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, 266-275.	0.8	10
102	Association of Coffee Consumption With All-Cause and Cardiovascular Disease Mortality. <i>Mayo Clinic Proceedings</i> , 2013, 88, 1066-1074.	1.4	74
103	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, 1694-1702.	1.8	104
104	Maximal Estimated Cardiorespiratory Fitness, Cardiometabolic Risk Factors, and Metabolic Syndrome in the Aerobics Center Longitudinal Study. <i>Mayo Clinic Proceedings</i> , 2013, 88, 259-270.	1.4	111
105	Physical Activity, Cardiorespiratory Fitness, and Exercise Training in Primary and Secondary Coronary Prevention. <i>Circulation Journal</i> , 2013, 77, 281-292.	0.7	272
106	Integrating muscle cell biochemistry and whole-body physiology in humans:31P-MRS data from the InSight trial. <i>Scientific Reports</i> , 2013, 3, 1182.	1.6	10
107	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, 1375-1382.	1.2	37
108	Heart Rate Variability Threshold Values for Early-Warning Nonfunctional Overreaching in Elite Female Wrestlers. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1511-1519.	1.0	31

#	ARTICLE	IF	CITATIONS
109	Determinants of the Changes in Glycemic Control with Exercise Training in Type 2 Diabetes: A Randomized Trial. PLoS ONE, 2013, 8, e62973.	1.1	13
110	Effect of Different Doses of Aerobic Exercise Training on Total Bilirubin Levels. Medicine and Science in Sports and Exercise, 2012, 44, 569-574.	0.2	48
111	Effect of Exercise Training Modality on C-Reactive Protein in Type 2 Diabetes. Medicine and Science in Sports and Exercise, 2012, 44, 1028-1034.	0.2	27
112	Dose-response effects of exercise training on the subjective sleep quality of postmenopausal women: exploratory analyses of a randomised controlled trial. BMJ Open, 2012, 2, e001044.	0.8	71
113	The Effect of Exercise Training Modality on Serum Brain Derived Neurotrophic Factor Levels in Individuals with Type 2 Diabetes. PLoS ONE, 2012, 7, e42785.	1.1	51
114	Effect of Different Doses of Aerobic Exercise on Total White Blood Cell (WBC) and WBC Subfraction Number in Postmenopausal Women: Results from DREW. PLoS ONE, 2012, 7, e31319.	1.1	65
115	The effect of different doses of aerobic exercise training on exercise blood pressure in overweight and obese postmenopausal women. Menopause, 2012, 19, 503-509.	0.8	28
116	The Tour de France: An Updated Physiological Review. International Journal of Sports Physiology and Performance, 2012, 7, 200-209.	1.1	25
117	The effect of different doses of aerobic exercise training on endothelial function in postmenopausal women with elevated blood pressure: results from the DREW study. British Journal of Sports Medicine, 2012, 46, 753-758.	3.1	75
118	Heart Rate Variability and Exercise in Aging Women. Journal of Women's Health, 2012, 21, 334-339.	1.5	21
119	Exercise Training and Habitual Physical Activity. American Journal of Preventive Medicine, 2012, 43, 629-635.	1.6	19
120	Adverse Metabolic Response to Regular Exercise: Is It a Rare or Common Occurrence?. PLoS ONE, 2012, 7, e37887.	1.1	294
121	Complementary Effects of Multivitamin and Omega-3 Fatty Acid Supplementation on Indices of Cardiovascular Health in Individuals with Elevated Homocysteine. International Journal for Vitamin and Nutrition Research, 2012, 82, 41-52.	0.6	8
122	Endurance and resistance training lowers C-reactive protein in young, healthy females. Applied Physiology, Nutrition and Metabolism, 2011, 36, 660-670.	0.9	11
123	Trends over 5 Decades in U.S. Occupation-Related Physical Activity and Their Associations with Obesity. PLoS ONE, 2011, 6, e19657.	1.1	927
124	Association between Vascular Health and Rate Pressure Product: Influence on Exercise Capacity in the Elderly. Medicine and Science in Sports and Exercise, 2011, 43, 452.	0.2	0
125	Patterns Of Stepping Cadence In The 2005-2006 NHANES. Medicine and Science in Sports and Exercise, 2011, 43, 696.	0.2	0
126	Predictors of Functional Capacity and Ability Among Older Individuals. Medicine and Science in Sports and Exercise, 2011, 43, 4.	0.2	0

#	ARTICLE	IF	CITATIONS
127	Impact of Physical Activity, Cardiorespiratory Fitness, and Exercise Training on Markers of Inflammation. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2011, 31, 137-145.	1.2	162
128	The Effect of Astaxanthin Supplementation on Cycling Time Trial Performance. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 433.	0.2	0
129	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, 3150-3156.	1.0	13
130	Patterns of adult stepping cadence in the 2005–2006 NHANES. <i>Preventive Medicine</i> , 2011, 53, 178-181.	1.6	144
131	Does age attenuate aerobic conditioning response in postmenopausal women? Response. <i>European Journal of Applied Physiology</i> , 2011, 111, 1559-1560.	1.2	2
132	Exercise as an Augmentation Treatment for Nonremitted Major Depressive Disorder. <i>Journal of Clinical Psychiatry</i> , 2011, 72, 677-684.	1.1	177
133	Exercise without Weight Loss Does Not Reduce C-Reactive Protein. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 708-716.	0.2	105
134	A TCF7L2 Single Nucleotide Polymorphism and Pancreatic β -Cell Function Post-Moderate Intensity Exercise Training. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 88.	0.2	0
135	Age attenuated response to aerobic conditioning in postmenopausal women. <i>European Journal of Applied Physiology</i> , 2010, 110, 75-82.	1.2	14
136	ISSN exercise & sport nutrition review: research & recommendations. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, .	1.7	269
137	FTO Genotype and the Weight Loss Benefits of Moderate Intensity Exercise. <i>Obesity</i> , 2010, 18, 641-643.	1.5	59
138	Effects of Aerobic and Resistance Training on Hemoglobin A _{1c} Levels in Patients With Type 2 Diabetes. <i>JAMA - Journal of the American Medical Association</i> , 2010, 304, 2253.	3.8	727
139	Effects of Different Doses of Physical Activity on C-Reactive Protein among Women. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 701-707.	0.2	43
140	Association of white blood cell subfraction concentration with fitness and fatness. <i>British Journal of Sports Medicine</i> , 2010, 44, 588-593.	3.1	38
141	Autonomic function and change in insulin for exercising postmenopausal women. <i>Maturitas</i> , 2010, 65, 284-291.	1.0	18
142	An evaluation of endurance and combined endurance and resistance training on fitness and C-reactive protein. <i>FASEB Journal</i> , 2010, 24, 806.11.	0.2	0
143	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.	1.1	213
144	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, 529-536.	0.5	149

#	ARTICLE	IF	CITATIONS
145	Heart rate and exercise intensity during training: observations from the DREW Study. <i>British Journal of Sports Medicine</i> , 2009, 43, 750-755.	3.1	11
146	Time Trial Exertion Traits of Cycling's Grand Tours. <i>International Journal of Sports Medicine</i> , 2009, 30, 240-244.	0.8	13
147	Exercise Dose and Quality of Life. <i>Archives of Internal Medicine</i> , 2009, 169, 269.	4.3	217
148	Profiles of sedentary behavior in children and adolescents: The US National Health and Nutrition Examination Survey, 2001-2006. <i>Pediatric Obesity</i> , 2009, 4, 353-359.	3.2	210
149	The role of exercise interval training in treating cardiovascular disease risk factors. <i>Current Cardiovascular Risk Reports</i> , 2009, 3, 296-301.	0.8	10
150	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.	1.7	12
151	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, 1419-1424.	1.3	26
152	Metabolic Syndrome and Diabetes, Alone and in Combination, as Predictors of Cardiovascular Disease Mortality Among Men. <i>Diabetes Care</i> , 2009, 32, 1289-1294.	4.3	77
153	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, 530-533.	0.4	112
154	Exercise Dose-Response of the $\dot{V}E^{\text{TM}}/\dot{V}E^{\text{TM}}\text{CO}_2$ Slope in Postmenopausal Women in the DREW Study. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 971-976.	0.2	9
155	Volume of Exercise and Fitness Nonresponse in Sedentary, Postmenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 539-545.	0.2	129
156	Effect of exercise dose on fat oxidation capacity in postmenopausal women. <i>FASEB Journal</i> , 2009, 23, 955.22.	0.2	0
157	Exercise interval training: An improved stimulus for improving the physiology of pre-diabetes. <i>Medical Hypotheses</i> , 2008, 71, 752-761.	0.8	42
158	Inflammation and exercise (INFLAME): Study rationale, design, and methods. <i>Contemporary Clinical Trials</i> , 2008, 29, 418-427.	0.8	14
159	Cardiorespiratory Fitness as a Predictor of Cancer Mortality Among Men With Pre-Diabetes and Diabetes. <i>Diabetes Care</i> , 2008, 31, 764-769.	4.3	35
160	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, 408-415.	0.5	18
161	Heart Rate Variability Characteristics in Sedentary Postmenopausal Women Following Six Months of Exercise Training: The DREW Study. <i>PLoS ONE</i> , 2008, 3, e2288.	1.1	64
162	Dose-Response of Exercise and $\dot{V}E/\dot{V}\text{CO}_2$ Slope in Postmenopausal Women: The DREW Study. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S329.	0.2	0

#	ARTICLE	IF	CITATIONS
163	Exertional Characteristics of Time Trial Performance During the Grand Tours of Cycling. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S390.	0.2	0
164	Effects of Different Doses of Physical Activity on Cardiorespiratory Fitness Among Sedentary, Overweight or Obese Postmenopausal Women With Elevated Blood Pressure. <i>JAMA - Journal of the American Medical Association</i> , 2007, 297, 2081.	3.8	594
165	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.	1.7	21
166	Examination of encapsulated phytosterol ester supplementation on lipid indices associated with cardiovascular disease. <i>Nutrition</i> , 2007, 23, 625-633.	1.1	32
167	Encapsulated phytosterol ester ingestion positively alters lipid profiles in hypercholesterolemic adults. <i>FASEB Journal</i> , 2007, 21, A337.	0.2	0
168	The Effect of Aerobic Training on C-Reactive Protein in Postmenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, S99.	0.2	0
169	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.	1.0	120
170	Frequency of the $\dot{V}A\text{-}O_2\text{max}$ Plateau Phenomenon in World-Class Cyclists. <i>International Journal of Sports Medicine</i> , 2006, 27, 984-992.	0.8	73
171	Combined Aerobic and Resistance Training in Breast Cancer Survivors: A Randomized, Controlled Pilot Trial. <i>International Journal of Sports Medicine</i> , 2006, 27, 573-580.	0.8	152
172	ACTN3 Genotype in Professional Endurance Cyclists. <i>International Journal of Sports Medicine</i> , 2006, 27, 880-884.	0.8	92
173	Does Creatine Supplementation Improve Functional Capacity in Elderly Women?. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 22.	1.0	32
174	Is Cardiorespiratory Fitness Related to Quality of Life in Survivors of Breast Cancer?. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 535.	1.0	34
175	Dose-Response to Exercise in Fasting Glucose in Postmenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, S421.	0.2	0
176	Regulation of Energy Expenditure during Prolonged Athletic Competition. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 670-675.	0.2	69
177	Effects of Ribose Supplementation Prior to and during Intense Exercise on Anaerobic Capacity and Metabolic Markers. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2005, 15, 653-664.	1.0	17
178	Obesity, macrophage migration inhibitory factor, and weight loss. <i>International Journal of Obesity</i> , 2005, 29, 675-681.	1.6	54
179	Effects of <i>Coleus forskohlii</i> Supplementation on Body Composition and Hematological Profiles in Mildly Overweight Women. <i>Journal of the International Society of Sports Nutrition</i> , 2005, 2, 54-62.	1.7	79
180	Cholesterol-lowering effects of bovine serum immunoglobulin in participants with mild hypercholesterolemia. <i>American Journal of Clinical Nutrition</i> , 2005, 81, 792-798.	2.2	31

#	ARTICLE	IF	CITATIONS
181	A Conceptual Framework for Performance Diagnosis and Training Prescription from Submaximal Gas Exchange Parameters - Theory and Application. <i>International Journal of Sports Medicine</i> , 2005, 26, S38-S48.	2.7	282
182	Is there an Association between ACE and CKMM Polymorphisms and Cycling Performance Status during 3-Week Races?. <i>International Journal of Sports Medicine</i> , 2005, 26, 442-447.	0.8	53
183	How Do Endurance Runners Actually Train? Relationship with Competition Performance. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 496-504.	0.2	186
184	PPARGC1A genotype (Gly482Ser) predicts exceptional endurance capacity in European men. <i>Journal of Applied Physiology</i> , 2005, 99, 344-348.	1.2	114
185	Does Intermittent Hypoxia Increase Erythropoiesis in Professional Cyclists During a 3-Week Race?. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2005, 30, 61-73.	1.7	7
186	Reliability of the Lode Excalibur Sport Ergometer and Applicability to Computrainer Electromagnetically Braked Cycling Training Device. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 344.	1.0	19
187	Cordyceps sinensis- and Rhodiola rosea-Based Supplementation in Male Cyclists and Its Effect on Muscle Tissue Oxygen Saturation. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 358.	1.0	37
188	Muscular Strength And Incidence Of Hypertension In Normotensive And Prehypertensive Men. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, S386.	0.2	0
189	Effects Of Creatine Supplementation On Muscle Efficiency And Indices Of Endurance Performance In Elderly Women. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, S42.	0.2	0
190	In Professional Road Cyclists, Low Pedaling Cadences Are Less Efficient. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1048-1054.	0.2	78
191	Relation between physical exertion and heart rate variability characteristics in professional cyclists during the Tour of Spain. <i>British Journal of Sports Medicine</i> , 2004, 38, 568-575.	3.1	55
192	Which laboratory variable is related with time trial performance time in the Tour de France?. <i>British Journal of Sports Medicine</i> , 2004, 38, 636-640.	3.1	63
193	Exercise Capacity and Body Composition as Predictors of Mortality Among Men With Diabetes. <i>Diabetes Care</i> , 2004, 27, 83-88.	4.3	404
194	Eight weeks of moderate-intensity exercise training increases heart rate variability in sedentary postmenopausal women. <i>American Heart Journal</i> , 2004, 147, e8-e15.	1.2	119
195	Dose-Response to Exercise in Women Aged 45-75 yr (DREW): Design and Rationale. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 336-344.	0.2	96
196	Effects of a Commercial Herbal-Based Formula on Exercise Performance in Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 504-509.	0.2	48
197	Associations of Muscle Strength and Fitness with Metabolic Syndrome in Men. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1301-1307.	0.2	245
198	Effects of Cardiorespiratory Fitness on Healthcare Utilization. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 2088-2092.	0.2	24

#	ARTICLE	IF	CITATIONS
199	Effects of Oral ATP Supplementation on Anaerobic Power and Muscular Strength. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 983-990.	0.2	32
200	Low vs. High Glycemic Index Carbohydrate Gel Ingestion During Simulated 64-km Cycling Time Trial Performance. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 466.	1.0	39
201	The Effects of Cordyceps and Rhodiola Supplementation on Physiological Performance Indices During Cycling in Males. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, S173-S174.	0.2	0
202	Effects of a Cordyceps Sensis and Rhodiol Rosea Based Formula on Exercise Performance in Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, S171.	0.2	0
203	The Tour de France: a physiological review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2003, 13, 275-283.	1.3	53
204	Giro, Tour, and Vuelta in the same season. <i>British Journal of Sports Medicine</i> , 2003, 37, 457-459.	3.1	13
205	Reduction of C-reactive protein levels through use of a multivitamin. <i>American Journal of Medicine</i> , 2003, 115, 702-707.	0.6	59
206	Cancer-related fatigue: can exercise physiology assist oncologists?. <i>Lancet Oncology</i> , The, 2003, 4, 616-625.	5.1	210
207	Heart Rate Recovery Following Maximal Exercise Testing as a Predictor of Cardiovascular Disease and All-Cause Mortality in Men With Diabetes. <i>Diabetes Care</i> , 2003, 26, 2052-2057.	4.3	160
208	Complex Multivitamin Supplementation Improves Homocysteine and Resistance to LDL-C Oxidation. <i>Journal of the American College of Nutrition</i> , 2003, 22, 400-407.	1.1	30
209	Four weeks of androstenedione supplementation diminishes the treatment response in middle aged men. <i>British Journal of Sports Medicine</i> , 2003, 37, 212-218.	3.1	16
210	Tour de France versus Vuelta a España: Which Is Harder?. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 872-878.	0.2	179
211	Effects of Oral D-Ribose Supplementation on Anaerobic Capacity and Selected Metabolic Markers in Healthy Males. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003, 13, 76-86.	1.0	37
212	Sodium bicarbonate ingestion does not alter the slow component of oxygen uptake kinetics in professional cyclists. <i>Journal of Sports Sciences</i> , 2003, 21, 39-47.	1.0	18
213	Field Testing of Physiological Responses Associated with Nordic Walking. <i>Research Quarterly for Exercise and Sport</i> , 2002, 73, 296-300.	0.8	157
214	Associations Between Cardiorespiratory Fitness and C-Reactive Protein in Men. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2002, 22, 1869-1876.	1.1	308
215	Efficacy of a complex multivitamin supplement. <i>Nutrition</i> , 2002, 18, 738-742.	1.1	20
216	Relative associations of fitness and fatness to fibrinogen, white blood cell count, uric acid and metabolic syndrome. <i>International Journal of Obesity</i> , 2002, 26, 805-813.	1.6	76

#	ARTICLE	IF	CITATIONS
217	Dietary Androgen "Supplements"™. Physician and Sportsmedicine, 2001, 29, 63-79.	1.0	5
218	The Effects of Tribulus Terrestris on Body Composition and Exercise Performance in Resistance-Trained Males. International Journal of Sport Nutrition and Exercise Metabolism, 2000, 10, 208-215.	1.0	67
219	In vivo 4-androstene-3,17-dione and 4-androstene-3 ¹⁷ -diol supplementation in young men. European Journal of Applied Physiology, 2000, 81, 229-232.	1.2	44
220	Ingestion of creatine monohydrate immediately prior to exercise does not increase performance in creatine loaded individuals. Research in Sports Medicine, 2000, 9, 263-275.	0.0	0
221	Effect of oral creatine ingestion on parameters of the work rate-time relationship and time to exhaustion in high-intensity cycling. European Journal of Applied Physiology, 1998, 77, 360-365.	1.2	77
222	Effects of Creatine Monohydrate Ingestion on Intermediate Duration Anaerobic Treadmill Running to Exhaustion. Journal of Strength and Conditioning Research, 1997, 11, 234.	1.0	14
223	High-Performance Capillary Electrophoresis-Pure Creatine Monohydrate Reduces Blood Lipids in Men and Women. Clinical Science, 1996, 91, 113-118.	1.8	73
224	The effect of creatine monohydrate ingestion on anaerobic power indices, muscular strength and body composition. Acta Physiologica Scandinavica, 1995, 153, 207-209.	2.3	293
225	Profiles of sedentary behavior in children and adolescents: The US National Health and Nutrition Examination Survey, 2001-2006. Pediatric Obesity, 0, , 1-7.	3.2	3