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List of Publications by Year
in descending order

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50 papers	2,187 citations	249298 26 h-index	274796 44 g-index
57 all docs	57 docs citations	57 times ranked	4023 citing authors

#	Article	IF	Citations
1	Maintenance of high quality of life as an indicator of resilience during COVID-19 social distancing among community-dwelling older adults in Finland. Quality of Life Research, 2022, 31, 713-722.	1.5	16
2	The Association Between Epigenetic Clocks and Physical Functioning in Older Women: A 3-Year Follow-up. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2022, 77, 1569-1576.	1.7	11
3	Do Epigenetic Clocks Provide Explanations for Sex Differences in Life Span? A Cross-Sectional Twin Study. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2022, 77, 1898-1906.	1.7	15
4	Cohort Differences in Maximal Physical Performance: A Comparison of 75- and 80-Year-Old Men and Women Born 28 Years Apart. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2021, 76, 1251-1259.	1.7	24
5	Body Weight, Physical Activity, and Risk of Cancer in Lynch Syndrome. Cancers, 2021, 13, 1849.	1.7	6
6	Effects of physical and cognitive training on gait speed and cognition in older adults: A randomized controlled trial. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 1518-1533.	1.3	20
7	Blood and skeletal muscle ageing determined by epigenetic clocks and their associations with physical activity and functioning. Clinical Epigenetics, 2021, 13, 110.	1.8	15
8	Genome-wide association studies identify 137 genetic loci for DNA methylation biomarkers of aging. Genome Biology, 2021, 22, 194.	3.8	90
9	Does the epigenetic clock GrimAge predict mortality independent of genetic influences: an 18Âyear follow-up study in older female twin pairs. Clinical Epigenetics, 2021, 13, 128.	1.8	17
10	Polygenic Score for Physical Activity Is Associated with Multiple Common Diseases. Medicine and Science in Sports and Exercise, 2021, Publish Ahead of Print, .	0.2	14
11	Leisure-Time and Occupational Physical Activity Associates Differently with Epigenetic Aging. Medicine and Science in Sports and Exercise, 2021, 53, 487-495.	0.2	28
12	Mortality Risk Among Older People Who Did Versus Did Not Sustain a Fracture: Baseline Prefracture Strength and Gait Speed as Predictors in a 15-Year Follow-Up. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2020, 75, 1996-2002.	1.7	7
13	Interâ€individual variation in response to resistance training in cardiometabolic health indicators. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 1040-1053.	1.3	14
14	Polygenic Risk Scores and Physical Activity. Medicine and Science in Sports and Exercise, 2020, 52, 1518-1524.	0.2	13
15	Genome-wide Association Analysis in Humans Links Nucleotide Metabolism to Leukocyte Telomere Length. American Journal of Human Genetics, 2020, 106, 389-404.	2.6	118
16	Muscle and bone mass in middleâ€aged women: role of menopausal status and physical activity. Journal of Cachexia, Sarcopenia and Muscle, 2020, 11, 698-709.	2.9	95
17	Living alone vs. living with someone as a predictor of mortality after a bone fracture in older age. Aging Clinical and Experimental Research, 2020, 32, 1697-1705.	1.4	14
18	The Older Finnish Twin Cohort â€” 45 Years of Follow-up. Twin Research and Human Genetics, 2019, 22, 240-254.	0.3	68

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19	Leisure-time physical activity and DNA methylation ageâ€”a twin study. Clinical Epigenetics, 2019, 11, 12.	1.8	34
20	Promoting safe walking among older people: the effects of a physical and cognitive training intervention vs. physical training alone on mobility and falls among older community-dwelling men and women (the PASSWORD study): design and methods of a randomized controlled trial. BMC Geriatrics, 2018, 18, 215.	1.1	31
21	Biological clocks and physical functioning in monozygotic female twins. BMC Geriatrics, 2018, 18, 83.	1.1	22
22	Leukocyte and Skeletal Muscle Telomere Length and Body Composition in Monozygotic Twin Pairs Discordant for Long-term Hormone Replacement Therapy. Twin Research and Human Genetics, 2017, 20, 119-131.	0.3	5
23	Short telomere length is associated with impaired cognitive performance in European ancestry cohorts. Translational Psychiatry, 2017, 7, e1100-e1100.	2.4	61
24	Genetic and Environmental Effects on Telomere Length and Lung Function: A Twin Study. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2016, 72, glw178.	1.7	8
25	Heterogeneity in resistance training-induced muscle strength and mass responses in men and women of different ages. Age, 2016, 38, 10.	3.0	151
26	Does telomere length predict decline in physical functioning in older twin sisters during an 11-year follow-up?. Age, 2016, 38, 34.	3.0	14
27	Developing the elements of information integration in the real estate and user services. Facilities, 2015, 33, 485-501.	0.8	3
28	Plantarflexor Muscleâ€“Tendon Properties are Associated With Mobility in Healthy Older Adults. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2015, 70, 996-1002.	1.7	54
29	The Impact of Different Diagnostic Criteria on the Prevalence of Sarcopenia in Healthy Elderly Participants and Geriatric Outpatients. Gerontology, 2015, 61, 491-496.	1.4	71
30	Body composition in 18â€to 88â€yearâ€old adultsâ€”comparison of multifrequency bioimpedance and dualâ€energy Xâ€ray absorptiometry. Obesity, 2014, 22, 101-109.	1.5	82
31	Diagnostic criteria for sarcopenia and physical performance. Age, 2014, 36, 275-285.	3.0	57
32	Associations between muscle strength, spirometric pulmonary function and mobility in healthy older adults. Age, 2014, 36, 9667.	3.0	64
33	Telomere length in circulating leukocytes is associated with lung function and disease. European Respiratory Journal, 2014, 43, 983-992.	3.1	103
34	Physiological and functional evaluation of healthy young and older men and women: design of the European MyoAge study. Biogerontology, 2013, 14, 325-337.	2.0	50
35	Body composition changes by DXA, BIA and skinfolds during exercise training in women. European Journal of Applied Physiology, 2013, 113, 2331-2341.	1.2	27
36	Diagnostic measures for sarcopenia and bone mineral density. Osteoporosis International, 2013, 24, 2681-2691.	1.3	58

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37	Combined Strength and Endurance Training Improves Health-Related Quality of Life in Healthy Middle-Aged and Older Adults. International Journal of Sports Medicine, 2012, 33, 981-986.	0.8	39
38	Factors affecting service innovations in FM service sector. Facilities, 2012, 30, 517-530.	0.8	12
39	Effects of strength, endurance and combined training on muscle strength, walking speed and dynamic balance in aging men. European Journal of Applied Physiology, 2012, 112, 1335-1347.	1.2	63
40	Individual Responses to Combined Endurance and Strength Training in Older Adults. Medicine and Science in Sports and Exercise, 2011, 43, 484-490.	0.2	99
41	Effects of combined endurance and strength training on muscle strength, power and hypertrophy in 40â€“67â€yearâ€old men. Scandinavian Journal of Medicine and Science in Sports, 2011, 21, 402-411.	1.3	81
42	Combined Strength and Endurance Training Improves Health-Related Quality of Life in Healthy Older Adults. Medicine and Science in Sports and Exercise, 2010, 42, 48-49.	0.2	0
43	Serum Basal Hormone Concentrations, Nutrition and Physical Fitness During Strength and/or Endurance Training in 39â€“64-Year-Old Women. International Journal of Sports Medicine, 2010, 31, 110-117.	0.8	27
44	Stength, Endurance or Combined Training Elicit Diverse Skeletal Muscle Myosin Heavy Chain Isoform Proportion but Unaltered Androgen Receptor Concentration in Older Men. International Journal of Sports Medicine, 2009, 30, 879-887.	0.8	22
45	Body composition, fitness, and metabolic health during strength and endurance training and their combination in middle-aged and older women. European Journal of Applied Physiology, 2009, 106, 285-296.	1.2	133
46	Effects of strength and endurance training on metabolic risk factors in healthy 40â€“65â€yearâ€old men. Scandinavian Journal of Medicine and Science in Sports, 2009, 19, 885-895.	1.3	46
47	Body Composition and Fitness during Strength and/or Endurance Training in Older Men. Medicine and Science in Sports and Exercise, 2008, 40, 950-958.	0.2	92
48	Effects of strength and endurance training on antioxidant enzyme gene expression and activity in middleâ€aged men. Scandinavian Journal of Medicine and Science in Sports, 2007, 17, 595-604.	1.3	48
49	Serum Basal Hormone Concentrations and Muscle Mass in Aging Women: Effects of Strength Training and Diet. International Journal of Sport Nutrition and Exercise Metabolism, 2006, 16, 316-331.	1.0	10
50	Neuromuscular function and balance of prepubertal and pubertal blind and sighted boys. Acta Paediatrica, International Journal of Paediatrics, 2006, 95, 1277-1283.	0.7	34