

Jonathan P Little

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.

153
papers

7,912
citations

43
h-index

86
g-index

179
ext. papers

9,336
ext. citations

3.9
avg, IF

6.31
L-index

#	Paper	IF	Citations
153	Exercise Training Protocols to Improve Obesity, Glucose Homeostasis, and Subclinical Inflammation. <i>Methods in Molecular Biology</i> , 2022 , 2343, 119-145	1.4	0
152	Use of an mHealth Ketogenic Diet App Intervention and User Behaviors Associated With Weight Loss in Adults With Overweight or Obesity: Secondary Analysis of a Randomized Clinical Trial.. <i>JMIR MHealth and UHealth</i> , 2022 , 10, e33940	5.5	1
151	Exercise training remodels subcutaneous adipose tissue in adults with obesity even without weight loss.. <i>Journal of Physiology</i> , 2022 ,	3.9	2
150	Spinal cord injury impairs cardiac function due to impaired bulbospinal sympathetic control.. <i>Nature Communications</i> , 2022 , 13, 1382	17.4	1
149	Examining the Effect of Consuming C Medium-Chain Triglyceride Oil for 14 Days on Markers of NLRP3 Activation in Healthy Humans.. <i>Journal of Nutrition and Metabolism</i> , 2022 , 2022, 7672759	2.7	1
148	14-Day Ketone Supplementation Lowers Glucose and Improves Vascular Function in Obesity: A Randomized Crossover Trial. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2021 , 106, e1738-e1754	5.6	9
147	Short-term ketone monoester supplementation improves cerebral blood flow and cognition in obesity: A randomized cross-over trial. <i>Journal of Physiology</i> , 2021 , 599, 4763-4778	3.9	2
146	Exercise Snacks: A Novel Strategy to Improve Cardiometabolic Health. <i>Exercise and Sport Sciences Reviews</i> , 2021 , 50,	6.7	2
145	Interpreting Anti-inflammatory Cytokine responses to exercise: focus on interleukin-10. <i>Journal of Physiology</i> , 2021 , 599, 5163-5177	3.9	2
144	Low-volume high-intensity interval training for cardiometabolic health. <i>Journal of Physiology</i> , 2021 ,	3.9	14
143	Hourly staircase sprinting exercise "snacks" improve femoral artery shear patterns but not flow-mediated dilation or cerebrovascular regulation: a pilot study. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021 , 46, 521-529	3	1
142	Genome wide association study of response to interval and continuous exercise training: the Predict-HIIT study. <i>Journal of Biomedical Science</i> , 2021 , 28, 37	13.3	2
141	Elevated Interleukin-10 Levels in COVID-19: Potentiation of Pro-Inflammatory Responses or Impaired Anti-Inflammatory Action?. <i>Frontiers in Immunology</i> , 2021 , 12, 677008	8.4	20
140	The effects of a high-fat/high-carbohydrate meal on leukocyte populations in adults with chronic spinal cord injury. <i>Spinal Cord Series and Cases</i> , 2021 , 7, 49	1.4	1
139	Effect of carbohydrate-restricted dietary interventions on LDL particle size and number in adults in the context of weight loss or weight maintenance: a systematic review and meta-analysis. <i>American Journal of Clinical Nutrition</i> , 2021 , 114, 1455-1466	7	6
138	Efficacy of Dietary and Supplementation Interventions for Individuals with Type 2 Diabetes. <i>Nutrients</i> , 2021 , 13,	6.7	2
137	Metabolic Effect of Breaking Up Prolonged Sitting with Stair Climbing Exercise Snacks. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 150-158	1.2	4

136	Prior ingestion of a ketone monoester supplement reduces postprandial glyceimic responses in young healthy-weight individuals. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021 , 46, 309-317	3	4
135	Increased cardiorespiratory stress during submaximal cycling after ketone monoester ingestion in endurance-trained adults. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021 , 46, 986-993	3	2
134	A randomized controlled trial of pharmacist-led therapeutic carbohydrate and energy restriction in type 2 diabetes. <i>Nature Communications</i> , 2021 , 12, 5367	17.4	0
133	Keyto app and device versus WW app on weight loss and metabolic risk in adults with overweight or obesity: A randomized trial. <i>Obesity</i> , 2021 , 29, 1606-1614	8	5
132	A pragmatic randomized controlled trial testing the effects of the international scientific SCI exercise guidelines on SCI chronic pain: protocol for the EPIC-SCI trial. <i>Spinal Cord</i> , 2020 , 58, 746-754	2.7	3
131	Moderate-Intensity Exercise and High-Intensity Interval Training Affect Insulin Sensitivity Similarly in Obese Adults. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2020 , 105,	5.6	34
130	The effect of low-volume high-intensity interval training on cardiometabolic health and psychological responses in overweight/obese middle-aged men. <i>Journal of Sports Sciences</i> , 2020 , 38, 1997-2004	3.6	12
129	A low-carbohydrate protein-rich bedtime snack to control fasting and nocturnal glucose in type 2 diabetes: A randomized trial. <i>Clinical Nutrition</i> , 2020 , 39, 3601-3606	5.9	3
128	The Impact of Acute Ingestion of a Ketone Monoester Drink on LPS-Stimulated NLRP3 Activation in Humans with Obesity. <i>Nutrients</i> , 2020 , 12,	6.7	9
127	Supplements and Nutritional Interventions to Augment High-Intensity Interval Training Physiological and Performance Adaptations-A Narrative Review. <i>Nutrients</i> , 2020 , 12,	6.7	18
126	Potential Therapeutic Effects of Exogenous Ketone Supplementation for Type 2 Diabetes: A Review. <i>Current Pharmaceutical Design</i> , 2020 , 26, 958-969	3.3	4
125	Comparing the Keyto App and Device with Weight WatchersPWW App for Weight Loss: Protocol for a Randomized Trial. <i>JMIR Research Protocols</i> , 2020 , 9, e19053	2	3
124	Physiological basis of brief vigorous exercise to improve health. <i>Journal of Physiology</i> , 2020 , 598, 61-69	3.9	26
123	Forty high-intensity interval training sessions blunt exercise-induced changes in the nuclear protein content of PGC-1 β and p53 in human skeletal muscle. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2020 , 318, E224-E236	6	11
122	A Pilot Study on In-Task Affect Predicting Free-Living Adherence to HIIT and MICT. <i>Research Quarterly for Exercise and Sport</i> , 2020 , 1-10	1.9	1
121	The Effect of Exogenous Ketone Monoester Ingestion on Plasma BDNF During an Oral Glucose Tolerance Test. <i>Frontiers in Physiology</i> , 2020 , 11, 1094	4.6	6
120	High- or moderate-intensity training promotes change in cardiorespiratory fitness, but not visceral fat, in obese men: A randomised trial of equal energy expenditure exercise. <i>Respiratory Physiology and Neurobiology</i> , 2019 , 266, 150-155	2.8	21
119	Minimal effect of walking before dinner on glyceimic responses in type 2 diabetes: outcomes from the multi-site E-PARaDiGM study. <i>Acta Diabetologica</i> , 2019 , 56, 755-765	3.9	9

118	Walk, Talk and Listen: a pilot randomised controlled trial targeting functional fitness and loneliness in older adults with hearing loss. <i>BMJ Open</i> , 2019 , 9, e026169	3	7
117	Sprint exercise snacks: a novel approach to increase aerobic fitness. <i>European Journal of Applied Physiology</i> , 2019 , 119, 1203-1212	3.4	14
116	Oral Ketone Supplementation Acutely Increases Markers of NLRP3 Inflammasome Activation in Human Monocytes. <i>Molecular Nutrition and Food Research</i> , 2019 , 63, e1801171	5.9	17
115	Short-Term Low-Carbohydrate High-Fat Diet in Healthy Young Males Renders the Endothelium Susceptible to Hyperglycemia-Induced Damage, An Exploratory Analysis. <i>Nutrients</i> , 2019 , 11,	6.7	6
114	Restricting carbohydrates at breakfast is sufficient to reduce 24-hour exposure to postprandial hyperglycemia and improve glycemic variability. <i>American Journal of Clinical Nutrition</i> , 2019 , 109, 1302-1309	7	18
113	A ketone monoester drink reduces the glycemic response to an oral glucose challenge in individuals with obesity: a randomized trial. <i>American Journal of Clinical Nutrition</i> , 2019 , 110, 1491-1501	7	30
112	Brief Exercise Counseling and High-Intensity Interval Training on Physical Activity Adherence and Cardiometabolic Health in Individuals at Risk of Type 2 Diabetes: Protocol for a Randomized Controlled Trial. <i>JMIR Research Protocols</i> , 2019 , 8, e11226	2	9
111	Short-term exercise training reduces glycaemic variability and lowers circulating endothelial microparticles in overweight and obese women at elevated risk of type 2 diabetes. <i>European Journal of Sport Science</i> , 2019 , 19, 1140-1149	3.9	9
110	Pharmacist-led therapeutic carbohydrate restriction as a treatment strategy for type 2 diabetes: the Pharm-TCR randomized controlled trial protocol. <i>Trials</i> , 2019 , 20, 781	2.8	1
109	Do stair climbing exercise "snacks" improve cardiorespiratory fitness?. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019 , 44, 681-684	3	27
108	A Multi-Center Comparison of O Trainability Between Interval Training and Moderate Intensity Continuous Training. <i>Frontiers in Physiology</i> , 2019 , 10, 19	4.6	40
107	Prior ingestion of exogenous ketone monoester attenuates the glycaemic response to an oral glucose tolerance test in healthy young individuals. <i>Journal of Physiology</i> , 2018 , 596, 1385-1395	3.9	43
106	The influence of high-intensity interval training and moderate-intensity continuous training on sedentary time in overweight and obese adults. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 747-750	3	7
105	The effect of brief intermittent stair climbing on glycemic control in people with type 2 diabetes: a pilot study. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 969-972	3	13
104	Exercise increases mitochondrial PGC-1 α content and promotes nuclear-mitochondrial cross-talk to coordinate mitochondrial biogenesis. <i>Journal of Biological Chemistry</i> , 2018 , 293, 4953	5.4	9
103	Impact of a single bout of high-intensity interval exercise and short-term interval training on interleukin-6, FNDC5, and METRN mRNA expression in human skeletal muscle. <i>Journal of Sport and Health Science</i> , 2018 , 7, 191-196	8.2	43
102	Carbohydrate restriction with postmeal walking effectively mitigates postprandial hyperglycemia and improves endothelial function in type 2 diabetes. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 2018 , 314, H105-H113	5.2	12
101	Short-term exercise training reduces anti-inflammatory action of interleukin-10 in adults with obesity. <i>Cytokine</i> , 2018 , 111, 460-469	4	25

100	Cardiovascular benefits of combined interval training and post-exercise nutrition in type 2 diabetes. <i>Journal of Diabetes and Its Complications</i> , 2018 , 32, 226-233	3.2	17
99	Impact of high-intensity interval training and moderate-intensity continuous training on resting and postexercise cardiac troponin T concentration. <i>Experimental Physiology</i> , 2018 , 103, 370-380	2.4	14
98	High-Intensity Interval Training Improves Markers of Oxidative Metabolism in Skeletal Muscle of Individuals With Obesity and Insulin Resistance. <i>Frontiers in Physiology</i> , 2018 , 9, 1451	4.6	25
97	The effect of a short-term low-carbohydrate, high-fat diet with or without postmeal walks on glycemic control and inflammation in type 2 diabetes: a randomized trial. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2018 , 315, R1210-R1219	3.2	28
96	High-Intensity Interval or Continuous Moderate Exercise: A 24-Week Pilot Trial. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 2067-2075	1.2	15
95	Sprint-interval but not continuous exercise increases PGC-1 α protein content and p53 phosphorylation in nuclear fractions of human skeletal muscle. <i>Scientific Reports</i> , 2017 , 7, 44227	4.9	42
94	Effects of postmeal exercise on postprandial glucose excursions in people with type 2 diabetes treated with add-on hypoglycemic agents. <i>Diabetes Research and Clinical Practice</i> , 2017 , 126, 240-247	7.4	17
93	Targeting functional fitness, hearing and health-related quality of life in older adults with hearing loss: Walk, Talk & Listen, study protocol for a pilot randomized controlled trial. <i>Trials</i> , 2017 , 18, 47	2.8	4
92	Short-Term Exercise Training Alters Leukocyte Chemokine Receptors in Obese Adults. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 1631-1640	1.2	31
91	Postmeal exercise blunts postprandial glucose excursions in people on metformin monotherapy. <i>Journal of Applied Physiology</i> , 2017 , 123, 444-450	3.7	16
90	The impact of acute high-intensity interval exercise on biomarkers of cardiovascular health in type 2 diabetes. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1607-1616	3.4	6
89	Acute high-intensity interval exercise reduces human monocyte Toll-like receptor 2 expression in type 2 diabetes. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2017 , 312, R529-R538	3.2	34
88	Nutritional ketone salts increase fat oxidation but impair high-intensity exercise performance in healthy adult males. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 1031-1035	3	60
87	Creatine Monohydrate Supplementation Does Not Augment Fitness, Performance, or Body Composition Adaptations in Response to Four Weeks of High-Intensity Interval Training in Young Females. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2017 , 27, 285-292	4.4	12
86	Combined Interval Training and Post-exercise Nutrition in Type 2 Diabetes: A Randomized Control Trial. <i>Frontiers in Physiology</i> , 2017 , 8, 528	4.6	21
85	Genes to predict VO ₂ trainability: a systematic review. <i>BMC Genomics</i> , 2017 , 18, 831	4.5	65
84	Detection of Salivary Insulin Following Low versus High Carbohydrate Meals in Humans. <i>Nutrients</i> , 2017 , 9,	6.7	6
83	Glycemic and Metabolic Effects of Two Long Bouts of Moderate-Intensity Exercise in Men with Normal Glucose Tolerance or Type 2 Diabetes. <i>Frontiers in Endocrinology</i> , 2017 , 8, 154	5.7	4

82	Carbohydrate-Restriction with High-Intensity Interval Training: An Optimal Combination for Treating Metabolic Diseases?. <i>Frontiers in Nutrition</i> , 2017 , 4, 49	6.2	8
81	High Glucose Enhances Neurotoxicity and Inflammatory Cytokine Secretion by Stimulated Human Astrocytes. <i>Current Alzheimer Research</i> , 2017 , 14, 731-741	3	35
80	Interval Walking Training Reduces T Cell CCR5 in Individuals with Type 2 Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 197-198	1.2	
79	Cardiorespiratory fitness as a predictor of intestinal microbial diversity and distinct metagenomic functions. <i>Microbiome</i> , 2016 , 4, 42	16.6	189
78	Resistance-based interval exercise acutely improves endothelial function in type 2 diabetes. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 2016 , 311, H1258-H1267	5.2	24
77	Training intensity modulates changes in PGC-1 β and p53 protein content and mitochondrial respiration, but not markers of mitochondrial content in human skeletal muscle. <i>FASEB Journal</i> , 2016 , 30, 959-70	0.9	117
76	Physical activity and exercise attenuate neuroinflammation in neurological diseases. <i>Brain Research Bulletin</i> , 2016 , 125, 19-29	3.9	64
75	Self-Monitoring Using Continuous Glucose Monitors with Real-Time Feedback Improves Exercise Adherence in Individuals with Impaired Blood Glucose: A Pilot Study. <i>Diabetes Technology and Therapeutics</i> , 2016 , 18, 185-93	8.1	20
74	Exercise-induced mitochondrial p53 repairs mtDNA mutations in mutator mice. <i>Skeletal Muscle</i> , 2016 , 6, 7	5.1	53
73	Insulinotropic and Muscle Protein Synthetic Effects of Branched-Chain Amino Acids: Potential Therapy for Type Diabetes and Sarcopenia 2016 , 87-104		
72	Mitochondrial adaptations to high-volume exercise training are rapidly reversed after a reduction in training volume in human skeletal muscle. <i>FASEB Journal</i> , 2016 , 30, 3413-3423	0.9	69
71	Comment on Alarcon et al. Pancreatic β Cell Adaptive Plasticity in Obesity Increases Insulin Production but Adversely Affects Secretory Function. <i>Diabetes</i> 2016;65:438-450. <i>Diabetes</i> , 2016 , 65, e28	0.9	3
70	Hyporesponsiveness to the anti-inflammatory action of interleukin-10 in type 2 diabetes. <i>Scientific Reports</i> , 2016 , 6, 21244	4.9	57
69	Circulating progenitor cells are positively associated with cognitive function among overweight/obese children. <i>Brain, Behavior, and Immunity</i> , 2016 , 57, 47-52	16.6	9
68	Effectiveness and safety of high-intensity interval training in patients with type 2 diabetes. <i>Diabetes Spectrum</i> , 2015 , 28, 39-44	1.9	62
67	Impact of high-intensity interval duration on perceived exertion. <i>Medicine and Science in Sports and Exercise</i> , 2015 , 47, 1038-45	1.2	30
66	Role of amyloid β in the induction of lipolysis and secretion of adipokines from human adipose tissue. <i>Adipocyte</i> , 2015 , 4, 212-6	3.2	4
65	Short-term high-intensity interval and moderate-intensity continuous training reduce leukocyte TLR4 in inactive adults at elevated risk of type 2 diabetes. <i>Journal of Applied Physiology</i> , 2015 , 119, 508-16	3.7	74

64	Differential impact of acute high-intensity exercise on circulating endothelial microparticles and insulin resistance between overweight/obese males and females. <i>PLoS ONE</i> , 2015 , 10, e0115860	3.7	25
63	High-intensity interval training as an efficacious alternative to moderate-intensity continuous training for adults with prediabetes. <i>Journal of Diabetes Research</i> , 2015 , 2015, 191595	3.9	96
62	Affective and Enjoyment Responses to High-Intensity Interval Training in Overweight-to-Obese and Insufficiently Active Adults. <i>Journal of Sport and Exercise Psychology</i> , 2015 , 37, 138-49	1.5	129
61	Human adipose tissue conditioned media from lean subjects is protective against H2O2 induced neurotoxicity in human SH-SY5Y neuronal cells. <i>International Journal of Molecular Sciences</i> , 2015 , 16, 1221-31	6.3	11
60	Reduced cortical BACE1 content with one bout of exercise is accompanied by declines in AMPK, Akt, and MAPK signaling in obese, glucose-intolerant mice. <i>Journal of Applied Physiology</i> , 2015 , 119, 1097-1104	3.7	35
59	Insulin Modulates In Vitro Secretion of Cytokines and Cytotoxins by Human Glial Cells. <i>Current Alzheimer Research</i> , 2015 , 12, 684-93	3	33
58	Adipose-brain crosstalk: do adipokines have a role in neuroprotection?. <i>Neural Regeneration Research</i> , 2015 , 10, 1381-2	4.5	5
57	Commentary: Why sprint interval training is inappropriate for a largely sedentary population. <i>Frontiers in Psychology</i> , 2015 , 6, 1999	3.4	23
56	Intermittent and continuous high-intensity exercise training induce similar acute but different chronic muscle adaptations. <i>Experimental Physiology</i> , 2014 , 99, 782-91	2.4	74
55	Purinergic responses of calcium-dependent signaling pathways in cultured adult human astrocytes. <i>BMC Neuroscience</i> , 2014 , 15, 18	3.2	17
54	Effects of high-intensity interval exercise versus continuous moderate-intensity exercise on postprandial glycemic control assessed by continuous glucose monitoring in obese adults. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 835-41	3	110
53	High-intensity interval training for improving postprandial hyperglycemia. <i>Research Quarterly for Exercise and Sport</i> , 2014 , 85, 451-6	1.9	20
52	One-week high-fat diet leads to reduced toll-like receptor 2 expression and function in young healthy men. <i>Nutrition Research</i> , 2014 , 34, 1045-51	4	13
51	Reduction of AMPK activity and altered MAPKs signalling in peripheral blood mononuclear cells in response to acute glucose ingestion following a short-term high fat diet in young healthy men. <i>Metabolism: Clinical and Experimental</i> , 2014 , 63, 1209-16	12.7	12
50	Inflammation and insulin/IGF-1 resistance as the possible link between obesity and neurodegeneration. <i>Journal of Neuroimmunology</i> , 2014 , 273, 8-21	3.5	121
49	Globular adiponectin induces a pro-inflammatory response in human astrocytic cells. <i>Biochemical and Biophysical Research Communications</i> , 2014 , 446, 37-42	3.4	35
48	Mitochondrial transcription factor A (Tfam) is a pro-inflammatory extracellular signaling molecule recognized by brain microglia. <i>Molecular and Cellular Neurosciences</i> , 2014 , 60, 88-96	4.8	46
47	Where does HIT fit? An examination of the affective response to high-intensity intervals in comparison to continuous moderate- and continuous vigorous-intensity exercise in the exercise intensity-affect continuum. <i>PLoS ONE</i> , 2014 , 9, e114541	3.7	186

46	Microparticles: a new perspective in central nervous system disorders. <i>BioMed Research International</i> , 2014 , 2014, 756327	3	31
45	HIGH-INTENSITY INTERVAL TRAINING. <i>ACSM's Health and Fitness Journal</i> , 2014 , 18, 11-16	0.9	29
44	Changes in mechanisms proposed to mediate fat loss following an acute bout of high-intensity interval and endurance exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013 , 38, 1236-44	3	55
43	Modification of insulin sensitivity and glycemic control by activity and exercise. <i>Medicine and Science in Sports and Exercise</i> , 2013 , 45, 1868-77	1.2	55
42	Dissociation of increases in PGC-1 α and its regulators from exercise intensity and muscle activation following acute exercise. <i>PLoS ONE</i> , 2013 , 8, e71623	3.7	72
41	Markers of skeletal muscle mitochondrial function and lipid accumulation are moderately associated with the homeostasis model assessment index of insulin resistance in obese men. <i>PLoS ONE</i> , 2013 , 8, e66322	3.7	34
40	Actions of the anti-angiogenic compound angiostatin in an animal model of Alzheimer's disease. <i>Current Alzheimer Research</i> , 2013 , 10, 252-60	3	9
39	Extremely low-volume, high-intensity interval training improves exercise capacity and increases mitochondrial protein content in human skeletal muscle. <i>Open Journal of Molecular and Integrative Physiology</i> , 2013 , 03, 202-210	1	23
38	Acute high-intensity interval exercise reduces the postprandial glucose response and prevalence of hyperglycaemia in patients with type 2 diabetes. <i>Diabetes, Obesity and Metabolism</i> , 2012 , 14, 575-7	6.7	141
37	Reply from M. J. Gibala, J. P. Little, M. J. MacDonald and J. A. Hawley. <i>Journal of Physiology</i> , 2012 , 590, 3391-3391	3.9	1
36	Extremely low volume, whole-body aerobic-resistance training improves aerobic fitness and muscular endurance in females. <i>Applied Physiology, Nutrition and Metabolism</i> , 2012 , 37, 1124-31	3	79
35	Secreted phospholipase A(2) group IIA is a neurotoxin released by stimulated human glial cells. <i>Molecular and Cellular Neurosciences</i> , 2012 , 49, 430-8	4.8	16
34	Physiological adaptations to low-volume, high-intensity interval training in health and disease. <i>Journal of Physiology</i> , 2012 , 590, 1077-84	3.9	863
33	Effect of nutritional interventions and resistance exercise on aging muscle mass and strength. <i>Biogerontology</i> , 2012 , 13, 345-58	4.5	60
32	Last word on viewpoint: does SIRT1 determine exercise-induced skeletal muscle mitochondrial biogenesis: differences between in vitro and in vivo experiments?. <i>Journal of Applied Physiology</i> , 2012 , 112, 931	3.7	2
31	Exercise and nutritional interventions for improving aging muscle health. <i>Endocrine</i> , 2012 , 42, 29-38	4	88
30	Muscle time under tension during resistance exercise stimulates differential muscle protein sub-fractional synthetic responses in men. <i>Journal of Physiology</i> , 2012 , 590, 351-62	3.9	197
29	Does SIRT1 determine exercise-induced skeletal muscle mitochondrial biogenesis: differences between in vitro and in vivo experiments?. <i>Journal of Applied Physiology</i> , 2012 , 112, 926-8	3.7	10

28	Insulinotropic and muscle protein synthetic effects of branched-chain amino acids: potential therapy for type 2 diabetes and sarcopenia. <i>Nutrients</i> , 2012 , 4, 1664-78	6.7	49
27	The saturated fatty acid palmitate induces human monocytic cell toxicity toward neuronal cells: exploring a possible link between obesity-related metabolic impairments and neuroinflammation. <i>Journal of Alzheimer's Disease</i> , 2012 , 30 Suppl 2, S179-83	4.3	33
26	Palmitate and ceramide induce human monocytic cell toxicity towards neuronal cells. <i>FASEB Journal</i> , 2012 , 26, 570.8	0.9	
25	Endurance exercise rescues progeroid aging and induces systemic mitochondrial rejuvenation in mtDNA mutator mice. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2011 , 108, 4135-40	11.5	264
24	IL-6 induced STAT3 signalling is associated with the proliferation of human muscle satellite cells following acute muscle damage. <i>PLoS ONE</i> , 2011 , 6, e17392	3.7	101
23	Regulating the regulators: the role of transcriptional regulatory proteins in the adaptive response to exercise in human skeletal muscle. <i>Journal of Physiology</i> , 2011 , 589, 1511-2	3.9	4
22	Exercise increases mitochondrial PGC-1alpha content and promotes nuclear-mitochondrial cross-talk to coordinate mitochondrial biogenesis. <i>Journal of Biological Chemistry</i> , 2011 , 286, 10605-17	5.4	238
21	Skeletal muscle and beyond: the role of exercise as a mediator of systemic mitochondrial biogenesis. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011 , 36, 598-607	3	48
20	Low-volume high-intensity interval training reduces hyperglycemia and increases muscle mitochondrial capacity in patients with type 2 diabetes. <i>Journal of Applied Physiology</i> , 2011 , 111, 1554-60	3.7	471
19	An acute bout of high-intensity interval training increases the nuclear abundance of PGC-1alpha and activates mitochondrial biogenesis in human skeletal muscle. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2011 , 300, R1303-10	3.2	206
18	Reductions in RIP140 are not required for exercise- and AICAR-mediated increases in skeletal muscle mitochondrial content. <i>Journal of Applied Physiology</i> , 2011 , 111, 688-95	3.7	18
17	Low-volume interval training improves muscle oxidative capacity in sedentary adults. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1849-56	1.2	227
16	Reductions in RIP140 are not required for exercise and high fat diet mediated increases in mitochondrial enzymes. <i>FASEB Journal</i> , 2011 , 25, 1104.1	0.9	
15	A practical model of low-volume high-intensity interval training induces mitochondrial biogenesis in human skeletal muscle: potential mechanisms. <i>Journal of Physiology</i> , 2010 , 588, 1011-22	3.9	388
14	Just HIT it! A time-efficient exercise strategy to improve muscle insulin sensitivity. <i>Journal of Physiology</i> , 2010 , 588, 3341-2	3.9	34
13	Acute endurance exercise increases the nuclear abundance of PGC-1alpha in trained human skeletal muscle. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2010 , 298, R912-7	3.2	110
12	Carbohydrate feeding during recovery alters the skeletal muscle metabolic response to repeated sessions of high-intensity interval exercise in humans. <i>Journal of Applied Physiology</i> , 2010 , 108, 628-36	3.7	72
11	Effect of low- and high-glycemic-index meals on metabolism and performance during high-intensity, intermittent exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2010 , 20, 447-56	4.4	34

10	Resistance exercise and nutrition to counteract muscle wasting. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009 , 34, 817-28	3	58
9	A randomized controlled trial of the effects of flaxseed lignan complex on metabolic syndrome composite score and bone mineral in older adults. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009 , 34, 89-98	3	65
8	DXA-derived abdominal fat mass, waist circumference, and blood lipids in postmenopausal women. <i>Obesity</i> , 2009 , 17, 1635-40	8	20
7	Conjugated linoleic acid combined with creatine monohydrate and whey protein supplementation during strength training. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009 , 19, 79-96	4.4	42
6	The effects of low- and high-glycemic index foods on high-intensity intermittent exercise. <i>International Journal of Sports Physiology and Performance</i> , 2009 , 4, 367-80	3.5	25
5	Creatine, arginine alpha-ketoglutarate, amino acids, and medium-chain triglycerides and endurance and performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008 , 18, 493-508	4.4	24
4	Low-dose creatine combined with protein during resistance training in older men. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 1645-52	1.2	95
3	The Effects of Creatine and Protein Supplementation on Bone Catabolism in Older Men. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, S98	1.2	
2	Effect of Red Bull energy drink on repeated Wingate cycle performance and bench-press muscle endurance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2007 , 17, 433-44	4.4	77
1	Short-term sprint interval versus traditional endurance training: similar initial adaptations in human skeletal muscle and exercise performance. <i>Journal of Physiology</i> , 2006 , 575, 901-11	3.9	639