David Navarrete-Villanueva

List of Publications by Year in descending order

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Version: 2024-02-01

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#	Article	IF	Citations
1	Frailty and Physical Fitness in Elderly People: A Systematic Review and Meta-analysis. Sports Medicine, 2021, 51, 143-160.	3.1	49
2	How to Improve the Functional Capacity of Frail and Pre-Frail Elderly People? Health, Nutritional Status and Exercise Intervention. The EXERNET-Elder 3.0 Project. Sustainability, 2020, 12, 6246.	1.6	18
3	The Effects of Age, Organized Physical Activity and Sedentarism on Fitness in Older Adults: An 8-Year Longitudinal Study. International Journal of Environmental Research and Public Health, 2020, 17, 4312.	1.2	18
4	Functional Frailty, Dietary Intake, and Risk of Malnutrition. Are Nutrients Involved in Muscle Synthesis the Key for Frailty Prevention?. Nutrients, 2021, 13, 1231.	1.7	17
5	Prevalence of Metabolic Syndrome and Association with Physical Activity and Frailty Status in Spanish Older Adults with Decreased Functional Capacity: A Cross-Sectional Study. Nutrients, 2022, 14, 2302.	1.7	10
6	Effects of a Multicomponent Exercise Program, a Detraining Period and Dietary Intake Prediction of Body Composition of Frail and Pre-Frail Older Adults from the EXERNET Elder 3.0 Study. Sustainability, 2020, 12, 9894.	1.6	5
7	Associations between Daily Movement Distribution, Bone Structure, Falls, and Fractures in Older Adults: A Compositional Data Analysis Study. International Journal of Environmental Research and Public Health, 2021, 18, 3757.	1.2	4
8	Role of Dietary Intake and Serum 25(OH)D on the Effects of a Multicomponent Exercise Program on Bone Mass and Structure of Frail and Pre-Frail Older Adults. Nutrients, 2020, 12, 3016.	1.7	3
9	Fitness vs Fatness as Determinants of Survival in Noninstitutionalized Older Adults: The EXERNET Multicenter Study. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2021, ,	1.7	2
10	Fat–Fit Patterns, Drug Consumption, and Polypharmacy in Older Adults: The EXERNET Multi-Center Study. Nutrients, 2021, 13, 2872.	1.7	1
11	Does nutritional status influence the effects of a multicomponent exercise programme on body composition and physical fitness in older adults with limited physical function?. European Journal of Sport Science, 2023, 23, 1375-1384.	1.4	1
12	New Evidence on Regucalcin, Body Composition, and Walking Ability Adaptations to Multicomponent Exercise Training in Functionally Limited and Frail Older Adults. International Journal of Environmental Research and Public Health, 2022, 19, 363.	1.2	0
13	Psychosocial factors related to physical activity in frail and prefrail elderly people. BMC Geriatrics, 2022, 22, 407.	1.1	O