

# Angel Gutierrez Sainz

## 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.

112  
papers

4,663  
citations

39  
h-index

64  
g-index

115  
ext. papers

5,440  
ext. citations

3.7  
avg, IF

4.73  
L-index

#	Paper	IF	Citations
112	Are Physical Activity and Sedentary Screen Time Levels Associated With Food Consumption in European Adolescents? The HELENA Study. <b>2022</b> , 1-12		0
111	1,25-dihydroxyvitamin D and cardiometabolic risk in healthy sedentary adults: The FIT-AGEING study. <i>International Journal of Cardiology</i> , <b>2021</b> , 344, 192-198	3.2	
110	Effect of Exercise Training on 1,25(OH)D Levels: The FIT-AGEING Randomized Controlled Trial. <i>Sports Health</i> , <b>2021</b> , 19417381211050033	4.7	
109	1,25-Dihydroxyvitamin D and S-Klotho Plasma Levels: The Relationship Between Two Renal Antiaging Biomarkers Mediated by Bone Mineral Density in Middle-Aged Sedentary Adults. <i>Rejuvenation Research</i> , <b>2021</b> , 24, 227-233	2.6	0
108	Relationship of sedentary time, physical activity and fitness with 1,25-dihydroxyvitamin D in middle-aged sedentary adults: The FIT-AGEING study. <i>Experimental Gerontology</i> , <b>2021</b> , 152, 111458	4.5	
107	Body Composition and S-Klotho Plasma Levels in Middle-Aged Adults: A Cross-Sectional Study. <i>Rejuvenation Research</i> , <b>2019</b> , 22, 478-483	2.6	13
106	Adherence to the Mediterranean diet, dietary factors, and S-Klotho plasma levels in sedentary middle-aged adults. <i>Experimental Gerontology</i> , <b>2019</b> , 119, 25-32	4.5	8
105	Heart Rate Is a Better Predictor of Cardiorespiratory Fitness Than Heart Rate Variability in Overweight/Obese Children: The ActiveBrains Project. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 510	4.6	3
104	Muscle strength field-based tests to identify European adolescents at risk of metabolic syndrome: The HELENA study. <i>Journal of Science and Medicine in Sport</i> , <b>2019</b> , 22, 929-934	4.4	17
103	Skipping breakfast is associated with adiposity markers especially when sleep time is adequate in adolescents. <i>Scientific Reports</i> , <b>2019</b> , 9, 6380	4.9	11
102	Effects of different exercise training programs on body composition: A randomized control trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2019</b> , 29, 968-979	4.6	12
101	Changes in Physical Fitness After 12 Weeks of Structured Concurrent Exercise Training, High Intensity Interval Training, or Whole-Body Electromyostimulation Training in Sedentary Middle-Aged Adults: A Randomized Controlled Trial. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 451	4.6	21
100	Study of the association of DHEAS, testosterone and cortisol with S-Klotho plasma levels in healthy sedentary middle-aged adults. <i>Experimental Gerontology</i> , <b>2019</b> , 121, 55-61	4.5	7
99	Association of physical activity and fitness with S-Klotho plasma levels in middle-aged sedentary adults: The FIT-AGEING study. <i>Maturitas</i> , <b>2019</b> , 123, 25-31	5	8
98	Diet as a moderator in the association of sedentary behaviors with inflammatory biomarkers among adolescents in the HELENA study. <i>European Journal of Nutrition</i> , <b>2019</b> , 58, 2051-2065	5.2	12
97	Relationship between 1,25-Dihydroxyvitamin D and Body Composition in Middle-Aged Sedentary Adults: The FIT-AGEING Study. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	3
96	Alcohol consumption and S-Klotho plasma levels in sedentary healthy middle-aged adults: A cross sectional study. <i>Drug and Alcohol Dependence</i> , <b>2019</b> , 194, 107-111	4.9	9

95	Role of Exercise on S-Klotho Protein Regulation: A Systematic Review. <i>Current Aging Science</i> , <b>2018</b> , 11, 100-107	2.2	7
94	Associations between REV-ERB $\alpha$ sleep duration and body mass index in European adolescents. <i>Sleep Medicine</i> , <b>2018</b> , 46, 56-60	4.6	7
93	Functional Exercise Training and Undulating Periodization Enhances the Effect of Whole-Body Electromyostimulation Training on Running Performance. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 720	4.6	14
92	Impacto de dos modalidades de entrenamiento con electroestimulaci3n global de cuerpo completo sobre la composici3n corporal en corredores recreacionales durante periodos de desentrenamiento deportivo. [Impact of two whole-body electromyostimulation training modalities on body	1.5	5
91	Do dietary patterns determine levels of vitamin B, folate, and vitamin B intake and corresponding biomarkers in European adolescents? The Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. <i>Nutrition</i> , <b>2018</b> , 50, 8-17	4.8	3
90	Association between Sleep Quality and Body Composition in Sedentary Middle-Aged Adults. <i>Medicina (Lithuania)</i> , <b>2018</b> , 54,	3.1	10
89	Accuracy and Validity of Resting Energy Expenditure Predictive Equations in Middle-Aged Adults. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	22
88	Whole-Body Electromyostimulation Improves Performance-Related Parameters in Runners. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1576	4.6	18
87	Exercise training as S-Klotho protein stimulator in sedentary healthy adults: Rationale, design, and methodology. <i>Contemporary Clinical Trials Communications</i> , <b>2018</b> , 11, 10-19	1.8	50
86	Foods contributing to vitamin B, folate, and vitamin B intakes and biomarkers status in European adolescents: The HELENA study. <i>European Journal of Nutrition</i> , <b>2017</b> , 56, 1767-1782	5.2	5
85	Could superimposed electromyostimulation be an effective training to improve aerobic and anaerobic capacity? Methodological considerations for its development. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 1513-1515	3.4	5
84	Amino acids intake and physical fitness among adolescents. <i>Amino Acids</i> , <b>2017</b> , 49, 1041-1052	3.5	9
83	Fitness Assessment as an Anti-Aging Marker: A Narrative Review. <i>Journal of Gerontology &amp; Geriatric Research</i> , <b>2017</b> , 06,	0	7
82	Physical Activity Is Associated with Attention Capacity in Adolescents. <i>Journal of Pediatrics</i> , <b>2016</b> , 168, 126-131.e2	3.6	42
81	Influence of sex, age, pubertal maturation and body mass index on circulating white blood cell counts in healthy European adolescents the HELENA study. <i>European Journal of Pediatrics</i> , <b>2015</b> , 174, 999-1014	4.1	13
80	Inflammation profile in overweight/obese adolescents in Europe: an analysis in relation to iron status. <i>European Journal of Clinical Nutrition</i> , <b>2015</b> , 69, 247-55	5.2	25
79	USEFULNESS OF B-HYDROXY-B-METHYLBUTYRATE (HMB) SUPPLEMENTATION IN DIFFERENT SPORTS: AN UPDATE AND PRACTICAL IMPLICATIONS. <i>Nutricion Hospitalaria</i> , <b>2015</b> , 32, 20-33	1	11
78	Health inequalities in urban adolescents: role of physical activity, diet, and genetics. <i>Pediatrics</i> , <b>2014</b> , 133, e884-95	7.4	24

77	Self-reported sleep duration, white blood cell counts and cytokine profiles in European adolescents: the HELENA study. <i>Sleep Medicine</i> , <b>2014</b> , 15, 1251-8	4.6	46
76	Physical activity, sedentary time, and liver enzymes in adolescents: the HELENA study. <i>Pediatric Research</i> , <b>2014</b> , 75, 798-802	3.2	18
75	More physically active and leaner adolescents have higher energy intake. <i>Journal of Pediatrics</i> , <b>2014</b> , 164, 159-166.e2	3.6	18
74	Mechanisms of stress, energy homeostasis and insulin resistance in European adolescents--the HELENA study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2014</b> , 24, 1082-9	4.5	10
73	Nutrition and lifestyle in european adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. <i>Advances in Nutrition</i> , <b>2014</b> , 5, 615S-623S	10	86
72	Association of breakfast consumption with objectively measured and self-reported physical activity, sedentary time and physical fitness in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. <i>Public Health Nutrition</i> , <b>2014</b> , 17, 2226-36	3.3	26
71	Influence of parental socio-economic status on diet quality of European adolescents: results from the HELENA study. <i>British Journal of Nutrition</i> , <b>2014</b> , 111, 1303-12	3.6	34
70	Physical activity attenuates the negative effect of low birth weight on leptin levels in European adolescents; the HELENA study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2013</b> , 23, 344-9	4.5	10
69	Seasonal variation in physical activity and sedentary time in different European regions. The HELENA study. <i>Journal of Sports Sciences</i> , <b>2013</b> , 31, 1831-40	3.6	41
68	Lunch at school, at home or elsewhere. Where do adolescents usually get it and what do they eat? Results of the HELENA Study. <i>Appetite</i> , <b>2013</b> , 71, 332-9	4.5	16
67	Clustering of multiple lifestyle behaviors and health-related fitness in European adolescents. <i>Journal of Nutrition Education and Behavior</i> , <b>2013</b> , 45, 549-57	2	34
66	Association between self-reported sleep duration and dietary quality in European adolescents. <i>British Journal of Nutrition</i> , <b>2013</b> , 110, 949-59	3.6	50
65	Cardiorespiratory fitness in males, and upper limbs muscular strength in females, are positively related with 25-hydroxyvitamin D plasma concentrations in European adolescents: the HELENA study. <i>QJM - Monthly Journal of the Association of Physicians</i> , <b>2013</b> , 106, 809-21	2.7	30
64	Nutritional and pubertal status influences accuracy of self-reported weight and height in adolescents: the HELENA Study. <i>Annals of Nutrition and Metabolism</i> , <b>2013</b> , 62, 189-200	4.5	8
63	Physical activity, fitness, and serum leptin concentrations in adolescents. <i>Journal of Pediatrics</i> , <b>2012</b> , 160, 598-603.e2	3.6	25
62	Reliability and intermethod agreement for body fat assessment among two field and two laboratory methods in adolescents. <i>Obesity</i> , <b>2012</b> , 20, 221-8	8	41
61	Vitamin D status and physical activity interact to improve bone mass in adolescents. The HELENA Study. <i>Osteoporosis International</i> , <b>2012</b> , 23, 2227-37	5.3	27
60	Objectively-measured and self-reported physical activity and fitness in relation to inflammatory markers in European adolescents: the HELENA Study. <i>Atherosclerosis</i> , <b>2012</b> , 221, 260-7	3.1	53

59	Eating behaviour, insulin resistance and cluster of metabolic risk factors in European adolescents. The HELENA study. <i>Appetite</i> , <b>2012</b> , 59, 140-7	4.5	21
58	Beverage consumption among European adolescents in the HELENA study. <i>European Journal of Clinical Nutrition</i> , <b>2012</b> , 66, 244-52	5.2	103
57	Active relatives and health-related physical fitness in European adolescents: the HELENA Study. <i>Journal of Sports Sciences</i> , <b>2012</b> , 30, 1329-35	3.6	5
56	Food consumption and screen-based sedentary behaviors in European adolescents: the HELENA study. <i>JAMA Pediatrics</i> , <b>2012</b> , 166, 1010-20		44
55	Dietary fatty acid intake, its food sources and determinants in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. <i>British Journal of Nutrition</i> , <b>2012</b> , 108, 2261-73	3.6	21
54	European adolescents level of perceived stress is inversely related to their diet quality: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. <i>British Journal of Nutrition</i> , <b>2012</b> , 108, 371-80	3.6	26
53	Vitamin D status among adolescents in Europe: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. <i>British Journal of Nutrition</i> , <b>2012</b> , 107, 755-64	3.6	152
52	Can differences in physical activity by socio-economic status in European adolescents be explained by differences in psychosocial correlates? A mediation analysis within the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. <i>Public Health Nutrition</i> , <b>2012</b> , 15, 2100-9	3.3	17
51	Cardiorespiratory fitness and dietary intake in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. <i>British Journal of Nutrition</i> , <b>2012</b> , 107, 1850-9	3.6	34
50	European adolescents level of perceived stress and its relationship with body adiposity--the HELENA Study. <i>European Journal of Public Health</i> , <b>2012</b> , 22, 519-24	2.1	17
49	Food intake of European adolescents in the light of different food-based dietary guidelines: results of the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. <i>Public Health Nutrition</i> , <b>2012</b> , 15, 386-98	3.3	117
48	Levels of physical activity that predict optimal bone mass in adolescents: the HELENA study. <i>American Journal of Preventive Medicine</i> , <b>2011</b> , 40, 599-607	6.1	79
47	Associations of birth weight with serum long chain polyunsaturated fatty acids in adolescents; the HELENA study. <i>Atherosclerosis</i> , <b>2011</b> , 217, 286-91	3.1	13
46	Interrater reliability and time measurement validity of speed-agility field tests in adolescents. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 2059-63	3.2	35
45	Muscular and cardiorespiratory fitness are independently associated with metabolic risk in adolescents: the HELENA study. <i>Pediatric Diabetes</i> , <b>2011</b> , 12, 704-12	3.6	159
44	Evaluation of iron status in European adolescents through biochemical iron indicators: the HELENA Study. <i>European Journal of Clinical Nutrition</i> , <b>2011</b> , 65, 340-9	5.2	45
43	Fitness and fatness are independently associated with markers of insulin resistance in European adolescents; the HELENA study. <i>Pediatric Obesity</i> , <b>2011</b> , 6, 253-60		20
42	Field-based fitness assessment in young people: the ALPHA health-related fitness test battery for children and adolescents. <i>British Journal of Sports Medicine</i> , <b>2011</b> , 45, 518-24	10.3	330

41	Adolescents' physical activity levels and relatives' physical activity engagement and encouragement: the HELENA study. <i>European Journal of Public Health</i> , <b>2011</b> , 21, 705-12	2.1	10
40	Objectively measured physical activity and sedentary time in European adolescents: the HELENA study. <i>American Journal of Epidemiology</i> , <b>2011</b> , 174, 173-84	3.8	210
39	Excessive sedentary time and low cardiorespiratory fitness in European adolescents: the HELENA study. <i>Archives of Disease in Childhood</i> , <b>2011</b> , 96, 240-6	2.2	54
38	Pilot evaluation of the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Food-O-Meter, a computer-tailored nutrition advice for adolescents: a study in six European cities. <i>Public Health Nutrition</i> , <b>2011</b> , 14, 1292-302	3.3	30
37	Self-reported physical activity in European adolescents: results from the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. <i>Public Health Nutrition</i> , <b>2011</b> , 14, 246-54	3.3	43
36	Combined influence of lifestyle risk factors on body fat in Spanish adolescents--the Avena study. <i>Obesity Facts</i> , <b>2011</b> , 4, 105-11	5.1	18
35	Nutritional knowledge in European adolescents: results from the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. <i>Public Health Nutrition</i> , <b>2011</b> , 14, 2083-91	3.3	42
34	Antioxidant vitamin status (A, E, C, and beta-carotene) in European adolescents - the HELENA Study. <i>International Journal for Vitamin and Nutrition Research</i> , <b>2011</b> , 81, 245-55	1.7	18
33	Physical Activity, Fitness and Fatness in Children and Adolescents <b>2011</b> , 347-366		2
32	Bone mass and bone metabolism markers during adolescence: The HELENA Study. <i>Hormone Research in Paediatrics</i> , <b>2010</b> , 74, 339-50	3.3	43
31	Attenuation of the effect of the FTO rs9939609 polymorphism on total and central body fat by physical activity in adolescents: the HELENA study. <i>JAMA Pediatrics</i> , <b>2010</b> , 164, 328-33		85
30	Antioxidant defence and inflammatory response in professional road cyclists during a 4-day competition. <i>Journal of Sports Sciences</i> , <b>2010</b> , 28, 1047-56	3.6	22
29	Sedentary patterns and media availability in European adolescents: The HELENA study. <i>Preventive Medicine</i> , <b>2010</b> , 51, 50-5	4.3	112
28	Recommended levels and intensities of physical activity to avoid low-cardiorespiratory fitness in European adolescents: The HELENA study. <i>American Journal of Human Biology</i> , <b>2010</b> , 22, 750-6	2.7	42
27	Reliability and validity of a healthy diet determinants questionnaire for adolescents. <i>Public Health Nutrition</i> , <b>2009</b> , 12, 1830-8	3.3	23
26	Are muscular and cardiovascular fitness partially programmed at birth? Role of body composition. <i>Journal of Pediatrics</i> , <b>2009</b> , 154, 61-66.e1	3.6	38
25	Climbing time to exhaustion is a determinant of climbing performance in high-level sport climbers. <i>European Journal of Applied Physiology</i> , <b>2009</b> , 107, 517-25	3.4	60
24	Association of objectively assessed physical activity with total and central body fat in Spanish adolescents; the HELENA Study. <i>International Journal of Obesity</i> , <b>2009</b> , 33, 1126-35	5.5	63

23	Truncal and abdominal fat as determinants of high triglycerides and low HDL-cholesterol in adolescents. <i>Obesity</i> , <b>2009</b> , 17, 1086-91	8	30
22	Body fat measurement in elite sport climbers: comparison of skinfold thickness equations with dual energy X-ray absorptiometry. <i>Journal of Sports Sciences</i> , <b>2009</b> , 27, 469-77	3.6	25
21	Artificial neural network-based equation for estimating VO2max from the 20 m shuttle run test in adolescents. <i>Artificial Intelligence in Medicine</i> , <b>2008</b> , 44, 233-45	7.4	48
20	Hand span influences optimal grip span in boys and girls aged 6 to 12 years. <i>Journal of Hand Surgery</i> , <b>2008</b> , 33, 378-84	2.6	80
19	Inflammatory proteins and muscle strength in adolescents: the Avena study. <i>JAMA Pediatrics</i> , <b>2008</b> , 162, 462-8		62
18	Assessing, understanding and modifying nutritional status, eating habits and physical activity in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. <i>Public Health Nutrition</i> , <b>2008</b> , 11, 288-99	3.3	190
17	Cardiovascular fitness in adolescents: the influence of sexual maturation status-the AVENA and EYHS studies. <i>American Journal of Human Biology</i> , <b>2007</b> , 19, 801-8	2.7	15
16	Cardiorespiratory fitness and sedentary activities are associated with adiposity in adolescents. <i>Obesity</i> , <b>2007</b> , 15, 1589-99	8	111
15	A Mediterranean diet is not enough for health: Physical fitness is an important additional contributor to health for the adults of tomorrow. <i>World Review of Nutrition and Dietetics</i> , <b>2007</b> , 97, 114-138	0.3	22
14	Cardiovascular fitness is negatively associated with homocysteine levels in female adolescents. <i>JAMA Pediatrics</i> , <b>2007</b> , 161, 166-71		27
13	Reference values for serum lipids and lipoproteins in Spanish adolescents: the AVENA study. <i>International Journal of Public Health</i> , <b>2006</b> , 51, 99-109		13
12	Anthropometric determinants of a clustering of lipid-related metabolic risk factors in overweight and non-overweight adolescents--influence of cardiorespiratory fitness. The Avena study. <i>Annals of Nutrition and Metabolism</i> , <b>2006</b> , 50, 519-27	4.5	13
11	Hand span influences optimal grip span in male and female teenagers. <i>Journal of Hand Surgery</i> , <b>2006</b> , 31, 1367-72	2.6	111
10	Aerobic physical fitness in relation to blood lipids and fasting glycaemia in adolescents: influence of weight status. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2006</b> , 16, 285-93	4.5	72
9	The importance of cardiorespiratory fitness for healthy metabolic traits in children and adolescents: the AVENA Study. <i>Zeitschrift Fur Gesundheitswissenschaften</i> , <b>2006</b> , 14, 178-180	1.4	10
8	Health-related fitness assessment in childhood and adolescence: a European approach based on the AVENA, EYHS and HELENA studies. <i>Zeitschrift Fur Gesundheitswissenschaften</i> , <b>2006</b> , 14, 269-277	1.4	89
7	Anti-aging therapy through fitness enhancement. <i>Clinical Interventions in Aging</i> , <b>2006</b> , 1, 213-20	4	37
6	Bajo nivel de forma física en los adolescentes españoles. Importancia para la salud cardiovascular futura (Estudio AVENA). <i>Revista Espanola De Cardiologia</i> , <b>2005</b> , 58, 898-909	1.5	92

5	Low Level of Physical Fitness in Spanish Adolescents. Relevance for Future Cardiovascular Health (AVENA Study). <i>Revista Espanola De Cardiologia (English Ed)</i> , <b>2005</b> , 58, 898-909	0.7	14
4	Harmonization of anthropometric measurements for a multicenter nutrition survey in Spanish adolescents. <i>Nutrition</i> , <b>2003</b> , 19, 481-6	4.8	147
3	Oral creatine supplementation and skeletal muscle metabolism in physical exercise. <i>Sports Medicine</i> , <b>2002</b> , 32, 903-44	10.6	61
2	Hand size influences optimal grip span in women but not in men. <i>Journal of Hand Surgery</i> , <b>2002</b> , 27, 897-901	20.1	154
1	Three days fast in sportsmen decreases physical work capacity but not strength or perception-reaction time. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2001</b> , 11, 420-4	4.4	26