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Pumping Iron in Australia: Prevalence, Trends and Sociodemographic Correlates of Muscle Strengthening Activity Participation from a National Sample of 195,926 Adults

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#	Paper	IF	Citations
69	Sitting Less and Moving More: Improved Glycaemic Control for Type 2 Diabetes Prevention and Management. <i>Current Diabetes Reports</i> , 2016 , 16, 114	5.6	92
68	The forgotten guidelines: cross-sectional analysis of participation in muscle strengthening and balance & co-ordination activities by adults and older adults in Scotland. <i>BMC Public Health</i> , 2016 , 16, 1108	4.1	64
67	Self-reported health-enhancing physical activity recommendation adherence among 64,380 Finnish adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017 , 27, 1842-1853	4.6	32
66	Factors associated with participation in resistance training: a systematic review. <i>British Journal of Sports Medicine</i> , 2017 , 51, 1466-1472	10.3	46
65	Adherence to national exercise guidelines by patients attending emergency departments: A multi-site survey. <i>EMA - Emergency Medicine Australasia</i> , 2017 , 29, 276-282	1.5	1
64	Participation trends in holistic movement practices: a 10-year comparison of yoga/Pilates and t'ai chi/qigong use among a national sample of 195,926 Australians. <i>BMC Complementary and Alternative Medicine</i> , 2017 , 17, 296	4.7	25
63	Associations between multiple indicators of socio-economic status and muscle-strengthening activity participation in a nationally representative population sample of Australian adults. <i>Preventive Medicine</i> , 2017 , 102, 44-48	4.3	9
62	Why do seniors leave resistance training programs?. <i>Clinical Interventions in Aging</i> , 2017 , 12, 585-592	4	20
61	Association of sitting time and breaks in sitting with muscle mass, strength, function, and inflammation in community-dwelling older adults. <i>Osteoporosis International</i> , 2018 , 29, 1341-1350	5.3	32
60	Exercise at an onsite facility with or without direct exercise supervision improves health-related physical fitness and exercise participation: An 8-week randomised controlled trial with 15-month follow-up. <i>Health Promotion Journal of Australia</i> , 2018 , 29, 84-92	1.7	5
59	Effectiveness of peers in delivering programs or motivating older people to increase their participation in physical activity: Systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2018 , 36, 666-678	3.6	38
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56	A Typology of Factors Influencing Seniors' Participation in Strength Training in Gyms and Fitness Centers. <i>Journal of Aging and Physical Activity</i> , 2018 , 26, 492-498	1.6	6
55	Muscle-Strengthening Exercise Among 397,423 U.S. Adults: Prevalence, Correlates, and Associations With Health Conditions. <i>American Journal of Preventive Medicine</i> , 2018 , 55, 864-874	6.1	39
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51	A systematic review of outdoor gym use: Current evidence and future directions. <i>Journal of Science and Medicine in Sport</i> , 2019 , 22, 1335-1343	4.4	17
50	Integrating smartphone technology, social support and the outdoor built environment to promote community-based aerobic and resistance-based physical activity: Rationale and study protocol for the " randomized controlled trial. <i>Contemporary Clinical Trials Communications</i> , 2019 , 16, 100457	1.8	4
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47	Not quite city and not quite rural: Active lifestyle beliefs in peri-urban Australians. <i>Health Promotion Journal of Australia</i> , 2019 , 30 Suppl 1, 72-84	1.7	3
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