David J Stensel

List of Publications by Year in descending order

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109321 74163 6,286 135 35 75 citations h-index g-index papers 137 137 137 7582 docs citations times ranked citing authors all docs

#	Article	IF	CITATIONS
1	The anti-inflammatory effects of exercise: mechanisms and implications for the prevention and treatment of disease. Nature Reviews Immunology, 2011, 11, 607-615.	22.7	1,558
2	Health-enhancing physical activity and sedentary behaviour in children and adolescents. Journal of Sports Sciences, 2004, 22, 679-701.	2.0	626
3	Influence of resistance and aerobic exercise on hunger, circulating levels of acylated ghrelin, and peptide YY in healthy males. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2009, 296, R29-R35.	1.8	241
4	Breaking Up Prolonged Sitting With Standing or Walking Attenuates the Postprandial Metabolic Response in Postmenopausal Women: A Randomized Acute Study. Diabetes Care, 2016, 39, 130-138.	8.6	229
5	Exercise-induced suppression of acylated ghrelin in humans. Journal of Applied Physiology, 2007, 102, 2165-2171.	2.5	228
6	Exercise, Appetite and Appetite-Regulating Hormones: Implications for Food Intake and Weight Control. Annals of Nutrition and Metabolism, 2010, 57, 36-42.	1.9	129
7	Influence of prolonged treadmill running on appetite, energy intake and circulating concentrations of acylated ghrelin. Appetite, 2010, 54, 492-498.	3.7	129
8	Appetite, gut hormone and energy intake responses to low volume sprint interval and traditional endurance exercise. European Journal of Applied Physiology, 2013, 113, 1147-1156.	2.5	125
9	Acute and Chronic Effects of Exercise on Appetite, Energy Intake, and Appetite-Related Hormones: The Modulating Effect of Adiposity, Sex, and Habitual Physical Activity. Nutrients, 2018, 10, 1140.	4.1	123
10	Differential Acylated Ghrelin, Peptide YY3–36, Appetite, and Food Intake Responses to Equivalent Energy Deficits Created by Exercise and Food Restriction. Journal of Clinical Endocrinology and Metabolism, 2011, 96, 1114-1121.	3.6	121
11	Accumulating short bouts of brisk walking reduces postprandial plasma triacylglycerol concentrations and resting blood pressure in healthy young men. American Journal of Clinical Nutrition, 2008, 88, 1225-31.	4.7	95
12	Effect of a school-based intervention to promote healthy lifestyles in 7–11 year old children. International Journal of Behavioral Nutrition and Physical Activity, 2009, 6, 5.	4.6	88
13	Influence of Brisk Walking on Appetite, Energy Intake, and Plasma Acylated Ghrelin. Medicine and Science in Sports and Exercise, 2010, 42, 485-492.	0.4	83
14	Exercise and postprandial lipemia: effect of continuous compared with intermittent activity patterns. American Journal of Clinical Nutrition, 2006, 83, 24-29.	4.7	75
15	Appetite, energy intake, and PYY _{3–36} responses to energy-matched continuous exercise and submaximal high-intensity exercise. Applied Physiology, Nutrition and Metabolism, 2013, 38, 947-952.	1.9	71
16	Physical Activity and Health., 0,,.		71
17	A single session of treadmill running has no effect on plasma total ghrelin concentrations. Journal of Sports Sciences, 2007, 25, 635-642.	2.0	70
18	Acute effects of exercise on appetite, ad libitum energy intake and appetite-regulatory hormones in lean and overweight/obese men and women. International Journal of Obesity, 2017, 41, 1737-1744.	3.4	70

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19	Influence of rest and exercise at a simulated altitude of 4,000 m on appetite, energy intake, and plasma concentrations of acylated ghrelin and peptide YY. Journal of Applied Physiology, 2012, 112, 552-559.	2.5	67
20	The effect of exercise training on intrahepatic triglyceride and hepatic insulin sensitivity: a systematic review and metaâ€analysis. Obesity Reviews, 2018, 19, 1446-1459.	6.5	67
21	The Acute Effects of Swimming on Appetite, Food Intake, and Plasma Acylated Ghrelin. Journal of Obesity, 2011, 2011, 1-8.	2.7	66
22	Novel cardiac nuclear magnetic resonance methodÂfor noninvasive assessment of myocardialÂfibrosis in hemodialysis patients. Kidney International, 2016, 90, 835-844.	5.2	62
23	Appetite and Energy Intake Responses to Acute Energy Deficits in Females versus Males. Medicine and Science in Sports and Exercise, 2016, 48, 412-420.	0.4	58
24	Appetite and gut hormone responses to moderate-intensity continuous exercise versus high-intensity interval exercise, in normoxic and hypoxic conditions. Appetite, 2015, 89, 237-245.	3.7	50
25	Normal-Weight Central Obesity and Risk for Mortality. Annals of Internal Medicine, 2017, 166, 917.	3.9	50
26	Native T1 mapping: inter-study, inter-observer and inter-center reproducibility in hemodialysis patients. Journal of Cardiovascular Magnetic Resonance, 2016, 19, 21.	3.3	50
27	The influence of adiposity and acute exercise on circulating hepatokines in normal-weight and overweight/obese men. Applied Physiology, Nutrition and Metabolism, 2018, 43, 482-490.	1.9	49
28	Effect of Breakfast Omission on Energy Intake and Evening Exercise Performance. Medicine and Science in Sports and Exercise, 2015, 47, 2645-2652.	0.4	47
29	Acute effect of exercise intensity and duration on acylated ghrelin and hunger in men. Journal of Endocrinology, 2017, 232, 411-422.	2.6	44
30	Appetite, energy intake and resting metabolic responses to 60min treadmill running performed in a fasted versus a postprandial state. Appetite, 2012, 58, 946-954.	3.7	43
31	Appetite and gut peptide responses to exercise and calorie restriction. The effect of modest energy deficits. Appetite, 2014, 81, 52-59.	3.7	43
32	Creating an acute energy deficit without stimulating compensatory increases in appetite: is there an optimal exercise protocol?. Proceedings of the Nutrition Society, 2014, 73, 352-358.	1.0	42
33	The Singapore Youth Coronary Risk and Physical Activity Study. Medicine and Science in Sports and Exercise, 1998, 30, 105-113.	0.4	41
34	The influence of vigorous running and cycling exercise on hunger perceptions and plasma acylated ghrelin concentrations in lean young men. Applied Physiology, Nutrition and Metabolism, 2013, 38, 1-6.	1.9	39
35	A randomized controlled trial to investigate the effects of intra-dialytic cycling on left ventricular mass. Kidney International, 2021, 99, 1478-1486.	5.2	38
36	Exercise and ghrelin. A narrative overview of research. Appetite, 2013, 68, 83-91.	3.7	37

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37	Imaging of Myocardial Fibrosis in Patients with End-Stage Renal Disease: Current Limitations and Future Possibilities. BioMed Research International, 2017, 2017, 1-14.	1.9	35
38	Effect of exercise intensity on circulating hepatokine concentrations in healthy men. Applied Physiology, Nutrition and Metabolism, 2019, 44, 1065-1072.	1.9	35
39	Appetite, appetite hormone and energy intake responses to two consecutive days of aerobic exercise in healthy young men. Appetite, 2015, 92, 57-65.	3.7	34
40	Individual Variation in Hunger, Energy Intake, and Ghrelin Responses to Acute Exercise. Medicine and Science in Sports and Exercise, 2017, 49, 1219-1228.	0.4	34
41	A single session of resistance exercise does not reduce postprandial lipaemia. Journal of Sports Sciences, 2005, 23, 251-260.	2.0	33
42	Associations between health-related physical fitness and obesity in Taiwanese youth. Journal of Sports Sciences, 2013, 31, 1797-1804.	2.0	32
43	Exercise, Appetite and Weight Control: Are There Differences between Men and Women?. Nutrients, 2016, 8, 583.	4.1	32
44	Exercise and Postprandial Plasma Triacylglycerol Concentrations in Healthy Adolescent Boys. Medicine and Science in Sports and Exercise, 2007, 39, 116-122.	0.4	31
45	Acute exercise increases feeding latency in healthy normal weight young males but does not alter energy intake. Appetite, 2013, 61, 45-51.	3.7	31
46	Time spent sitting during and outside working hours in bus drivers: A pilot study. Preventive Medicine Reports, 2016, 3, 36-39.	1.8	30
47	Effect of ambient temperature during acute aerobic exercise on short-term appetite, energy intake, and plasma acylated ghrelin in recreationally active males. Applied Physiology, Nutrition and Metabolism, 2013, 38, 905-909.	1.9	28
48	Interindividual Responses of Appetite to Acute Exercise. Medicine and Science in Sports and Exercise, 2018, 50, 758-768.	0.4	28
49	Cross-sectional surveillance study to phenotype lorry drivers' sedentary behaviours, physical activity and cardio-metabolic health. BMJ Open, 2017, 7, e013162.	1.9	27
50	Acute Hyperenergetic, High-Fat Feeding Increases Circulating FGF21, LECT2, and Fetuin-A in Healthy Men. Journal of Nutrition, 2020, 150, 1076-1085.	2.9	27
51	Brisk Walking and Serum Lipoprotein Variables in Formerly Sedentary Men Aged 42–59 Years. Clinical Science, 1993, 85, 701-708.	4.3	26
52	Effect of breakfast omission on subjective appetite, metabolism, acylated ghrelin and GLP-17-36 during rest and exercise. Nutrition, 2016, 32, 179-185.	2.4	26
53	The effect of post-exercise drink macronutrient content on appetite and energy intake. Appetite, 2014, 82, 173-179.	3.7	24
54	The influence of a 1-year programme of brisk walking on endurance fitness and body composition in previously sedentary men aged 42–59 years. European Journal of Applied Physiology and Occupational Physiology, 1994, 68, 531-537.	1.2	23

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55	The association between leisure-time physical activity, low HDL-cholesterol and mortality in a pooled analysis of nine population-based cohorts. European Journal of Epidemiology, 2017, 32, 559-566.	5.7	23
56	The role of hepatic lipid composition in obesityâ€related metabolic disease. Liver International, 2021, 41, 2819-2835.	3.9	23
57	Effects of Intermittent Games Activity on Postprandial Lipemia in Young Adults. Medicine and Science in Sports and Exercise, 2006, 38, 1282-1287.	0.4	22
58	A randomized crossover trial assessing the effects of acute exercise on appetite, circulating ghrelin concentrations, and butyrylcholinesterase activity in normal-weight males with variants of the obesity-linked FTO rs9939609 polymorphism. American Journal of Clinical Nutrition, 2019, 110, 1055-1066.	4.7	22
59	Effect of 24-h severe energy restriction on appetite regulation and ad libitum energy intake in lean men and women. American Journal of Clinical Nutrition, 2016, 104, 1545-1553.	4.7	19
60	Associations of obesity, physical activity level, inflammation and cardiometabolic health with COVID-19 mortality: a prospective analysis of the UK Biobank cohort. BMJ Open, 2021, 11, e055003.	1.9	19
61	Serum lipids, serum insulin, plasma fibrinogen and aerobic capacity in obese and non-obese Singaporean boys. International Journal of Obesity, 2001, 25, 984-989.	3.4	18
62	Increased Postprandial Triacylglycerol Concentrations following Resistance Exercise. Medicine and Science in Sports and Exercise, 2006, 38, 527-533.	0.4	18
63	Multiple Bouts of Resistance Exercise and Postprandial Triacylglycerol and Serum C-Reactive-Protein Concentrations. International Journal of Sport Nutrition and Exercise Metabolism, 2007, 17, 556-573.	2.1	18
64	Exercise and Coronary Heart Disease Risk Markers in South Asian and European Men. Medicine and Science in Sports and Exercise, 2013, 45, 1261-1268.	0.4	17
65	Different Patterns of Walking and Postprandial Triglycerides in Older Women. Medicine and Science in Sports and Exercise, 2018, 50, 79-87.	0.4	17
66	Blood pressure, lipids, lipoproteins, body fat and physical activity of Singapore children. Journal of Paediatrics and Child Health, 1997, 33, 484-490.	0.8	16
67	Acute Exercise and Appetite-Regulating Hormones in Overweight and Obese Individuals: A Meta-Analysis. Journal of Obesity, 2016, 2016, 1-8.	2.7	16
68	Implementing a theory-based intradialytic exercise programme in practice: a quality improvement project. CKJ: Clinical Kidney Journal, 2018, 11, 832-840.	2.9	16
69	Effects of Frequency and Duration of Interrupting Sitting on Cardiometabolic Risk Markers. International Journal of Sports Medicine, 2019, 40, 818-824.	1.7	16
70	Acute Effects of Accumulating Exercise on Postprandial Lipemia and C-Reactive Protein Concentrations in Young Men. International Journal of Sport Nutrition and Exercise Metabolism, 2009, 19, 569-582.	2.1	15
71	Accumulating short bouts of running reduces resting blood pressure in young normotensive/pre-hypertensive men. Journal of Sports Sciences, 2011, 29, 1473-1482.	2.0	15
72	The Importance of Vigorous-Intensity Leisure-Time Physical Activity in Reducing Cardiovascular Disease Mortality Risk in the Obese. Mayo Clinic Proceedings, 2018, 93, 1096-1103.	3.0	15

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73	True Interindividual Variability Exists in Postprandial Appetite Responses in Healthy Men But Is Not Moderated by the FTO Genotype. Journal of Nutrition, 2019, 149, 1159-1169.	2.9	15
74	Resting metabolic rate in obese and nonobese Chinese Singaporean boys aged 13–15 y. American Journal of Clinical Nutrition, 2001, 74, 369-373.	4.7	14
75	Accumulating Short Bouts of Running Exercise Throughout the Day Reduces Postprandial Plasma Triacylglycerol Concentrations and Resting Blood Pressure in Healthy Young Men. Journal of Physical Activity and Health, 2006, 3, 112-123.	2.0	14
76	Effect of acute and regular exercise on growth hormone secretagogue receptor-1a expression in human lymphocytes, T cell subpopulation and monocytes. Brain, Behavior, and Immunity, 2014, 39, 172-179.	4.1	14
77	The Impact of a Novel Structured Health Intervention for Truckers (SHIFT) on Physical Activity and Cardiometabolic Risk Factors. Journal of Occupational and Environmental Medicine, 2018, 60, 368-376.	1.7	14
78	Influence of netball-based exercise on energy intake, subjective appetite and plasma acylated ghrelin in adolescent girls. Applied Physiology, Nutrition and Metabolism, 2013, 38, 854-861.	1.9	13
79	A Structured Health Intervention for Truckers (SHIFT). Journal of Occupational and Environmental Medicine, 2018, 60, 377-385.	1.7	13
80	Effect of Obesity-Linked <i>FTO</i> rs9939609 Variant on Physical Activity and Dietary Patterns in Physically Active Men and Women. Journal of Obesity, 2018, 2018, 1-8.	2.7	13
81	Predictors of the Acute Postprandial Response to Breaking Up Prolonged Sitting. Medicine and Science in Sports and Exercise, 2020, 52, 1385-1393.	0.4	13
82	An Update on Accumulating Exercise and Postprandial Lipaemia: Translating Theory Into Practice. Journal of Preventive Medicine and Public Health, 2013, 46, S3-S11.	1.9	13
83	The effect of prior walking on coronary heart disease risk markers in South Asian and European men. European Journal of Applied Physiology, 2015, 115, 2641-2651.	2.5	12
84	Brisk walking offsets the increase in postprandial TAG concentrations found when changing to a diet with increased carbohydrate. British Journal of Nutrition, 2009, 101, 1787-1796.	2.3	11
85	No effect of 24 h severe energy restriction on appetite regulation and ad libitum energy intake in overweight and obese males. International Journal of Obesity, 2016, 40, 1662-1670.	3.4	11
86	Concurrent Validity of Actigraph-Determined Sedentary Time Against the Activpal Under Free-Living Conditions in a Sample of Bus Drivers. Measurement in Physical Education and Exercise Science, 2017, 21, 212-222.	1.8	11
87	Fasted plasma asprosin concentrations are associated with menstrual cycle phase, oral contraceptive use and training status in healthy women. European Journal of Applied Physiology, 2021, 121, 793-801.	2.5	11
88	Sleep extension and metabolic health in male overweight/obese short sleepers: A randomised controlled trial. Journal of Sleep Research, 2022, 31, e13469.	3.2	11
89	The effect of exercise training on adipose tissue insulin sensitivity: A systematic review and metaâ€analysis. Obesity Reviews, 2022, 23, e13445.	6.5	11
90	Beneficial effects of combined olive oil ingestion and acute exercise on postprandial TAG concentrations in healthy young women. British Journal of Nutrition, 2012, 108, 1773-1779.	2.3	10

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91	Role of physical activity in regulating appetite and body fat. Nutrition Bulletin, 2016, 41, 314-322.	1.8	10
92	24-h severe energy restriction impairs postprandial glycaemic control in young, lean males. British Journal of Nutrition, 2018, 120, 1107-1116.	2.3	10
93	Defining myocardial fibrosis in haemodialysis patients with non-contrast cardiac magnetic resonance. BMC Cardiovascular Disorders, 2018, 18, 145.	1.7	10
94	Microparticle Responses to Aerobic Exercise and Meal Consumption in Healthy Men. Medicine and Science in Sports and Exercise, 2019, 51, 1935-1943.	0.4	10
95	Acute high-intensity interval rowing increases thrombin generation in healthy men. European Journal of Applied Physiology, 2016, 116, 1139-1148.	2.5	9
96	Plasma Free Fatty Acids Metabolic Profile with LC-MS and Appetite-Related Hormones in South Asian and White European Men in Relation to Adiposity, Physical Activity and Cardiorespiratory Fitness: A Cross-Sectional Study. Metabolites, 2019, 9, 71.	2.9	9
97	Fibroblast Growth Factor 21 Mediates the Associations between Exercise, Aging, and Glucose Regulation. Medicine and Science in Sports and Exercise, 2020, 52, 370-380.	0.4	9
98	An acute bout of swimming increases post-exercise energy intake in young healthy men and women. Appetite, 2020, 154, 104785.	3.7	9
99	High-Intensity Interval Exercise and Postprandial Triacylglycerol. Sports Medicine, 2015, 45, 957-968.	6.5	8
100	Reducing cardiovascular disease risk among families with familial hypercholesterolaemia by improving diet and physical activity: a randomised controlled feasibility trial. BMJ Open, 2020, 10, e044200.	1.9	7
101	Improvements in Glycemic Control After Acute Moderate-Intensity Continuous or High-Intensity Interval Exercise Are Greater in South Asians Than White Europeans With Nondiabetic Hyperglycemia: A Randomized Crossover Study. Diabetes Care, 2021, 44, 201-209.	8.6	6
102	Acute Running and Coronary Heart Disease Risk Markers in Male Cigarette Smokers and Nonsmokers: A Randomized Crossover Trial. Medicine and Science in Sports and Exercise, 2021, 53, 1021-1032.	0.4	6
103	Expanding the investigation of meaningful effects in physiology research. Future Science OA, 2017, 3, FSO218.	1.9	5
104	Energy replacement diminishes the postprandial triglyceride-lowering effect from accumulated walking in older women. European Journal of Nutrition, 2020, 59, 2261-2270.	3.9	5
105	The effects of empagliflozin, dietary energy restriction, or both on appetiteâ€regulatory gut peptides in individuals with type 2 diabetes and overweight or obesity: The <scp>SEESAW</scp> randomized, doubleâ€blind, placeboâ€controlled trial. Diabetes, Obesity and Metabolism, 2022, 24, 1509-1521.	4.4	5
106	The Meta-Analysis of Crossover Studies on Exercise and Appetite-Related Hormones. Sports Medicine, 2014, 44, 1165-1165.	6.5	4
107	Exploration of associations between the FTO rs9939609 genotype, fasting and postprandial appetite-related hormones and perceived appetite in healthy men and women. Appetite, 2019, 142, 104368.	3.7	4
108	No Influence of the Fat Mass and Obesity-Associated Gene rs9939609 Single Nucleotide Polymorphism on Blood Lipids in Young Males. Nutrients, 2020, 12, 3857.	4.1	4

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109	Nutrition and physical activity intervention for families with familial hypercholesterolaemia: protocol for a pilot randomised controlled feasibility study. Pilot and Feasibility Studies, 2020, 6, 42.	1.2	4
110	Circulating endotoxin and inflammation: associations with fitness, physical activity and the effect of a 6-month programme of cycling exercise during haemodialysis. Nephrology Dialysis Transplantation, 2022, 37, 366-374.	0.7	4
111	Effects of low- and high-volume resistance exercise on postprandial lipaemia Comments by Burns and Stensel. British Journal of Nutrition, 2008, 99, 211-211.	2.3	3
112	The Influence of Physical Activity on Obesity and Health. Journal of Obesity, 2012, 2012, 1-2.	2.7	3
113	Influence of Short-Term Hyperenergetic, High-Fat Feeding on Appetite, Appetite-Related Hormones, and Food Reward in Healthy Men. Nutrients, 2020, 12, 2635.	4.1	3
114	Pulse Wave Velocity Is Associated with Increased Plasma oxLDL in Ageing but Not with FGF21 and Habitual Exercise. Antioxidants, 2020, 9, 221.	5.1	3
115	Planned morning aerobic exercise in a fasted state increases energy intake in the preceding 24Âh. European Journal of Nutrition, 2021, 60, 3387-3396.	3.9	3
116	Postprandial Metabolism and Physical Activity in Asians: A Narrative Review. International Journal of Sports Medicine, 2021, 42, 953-966.	1.7	3
117	AEROBIC EXERCISE AND POSTPRANDIAL LIPEMIA. Medicine and Science in Sports and Exercise, 2009, 41, 965.	0.4	2
118	The effects of 30min of exercise on cardiovascular disease risk factors in healthy and obese individuals. Atherosclerosis, 2011, 216, 496-497.	0.8	2
119	Increased Meal Frequency With Exercise Mitigates Postprandial Triacylglycerol. Journal of Physical Activity and Health, 2019, 16, 589-594.	2.0	2
120	Daily running exercise may induce incomplete energy intake compensation: a 7-day crossover trial. Applied Physiology, Nutrition and Metabolism, 2020, 45, 446-449.	1.9	2
121	The Influence of Multiple Bouts of Resistance Exercise on Postprandial Triacylglycerol Concentrations. Medicine and Science in Sports and Exercise, 2006, 38, S485.	0.4	2
122	Relation between basal metabolic rate and body composition in subjects with anorexia nervosa. American Journal of Clinical Nutrition, 2001, 73, 358-359.	4.7	1
123	Obesity and diabetes. , 2008, , 21-49.		1
124	Effect of Exercise Timing on Postprandial Lipaemia. Journal of Atherosclerosis and Thrombosis, 2012, 19, 205-206.	2.0	1
125	Reply to Discussion of "Influence of netball-based exercise on energy intake, subjective appetite and plasma acylated ghrelin in adolescent girls― Applied Physiology, Nutrition and Metabolism, 2013, 38, 1171-1172.	1.9	1
126	Effects of a single bout of walking on postprandial triglycerides in men of Chinese, European and Japanese descent: a multisite randomised crossover trial. BMJ Open Sport and Exercise Medicine, 2020, 6, e000928.	2.9	1

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127	Should reviewers' names be included at the end of journal papers?. Journal of Sports Sciences, 2005, 23, 447-447.	2.0	O
128	Appetite, acylated ghrelin and 24 hour energy intake responses to low volume sprint interval exercise versus prolonged endurance exercise. Proceedings of the Nutrition Society, 2011, 70, .	1.0	0
129	Effect of post-exercise drink composition on appetite and energy intake. Proceedings of the Nutrition Society, 2013, 72, .	1.0	0
130	The interaction between physical activity and nutrition is integral to general health and sports performance. Nutrition Bulletin, 2017, 42, e1.	1.8	0
131	Effects of moderate to vigorous intensity cycling on appetite, ad libitum energy intake and appetite-related hormones in healthy South Asian and white European men. Appetite, 2021, 165, 105282.	3.7	0
132	Exercise and appetite regulation. Japanese Journal of Physical Fitness and Sports Medicine, 2010, 59, 67-67.	0.0	0
133	Accumulating exercise and postprandial lipaemia. The Journal of Physical Fitness and Sports Medicine, 2012, 1, 541-545.	0.3	0
134	Higher levels of physical activity are associated with reduced tethering and migration of pro-inflammatory monocytes in males with central obesity. Exercise Immunology Review, 2021, 27, 54-66.	0.4	0
135	lan Macdonald retires as Editor-In-Chief. International Journal of Obesity, 0, , .	3.4	0