

Motohikjo Miyachi

List of Publications by Year in descending order

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Version: 2024-02-01

253
papers

7,770
citations

71102

41
h-index

69250

77
g-index

284
all docs

284
docs citations

284
times ranked

9271
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and $\dot{V}O_2\text{max}$. <i>Medicine and Science in Sports and Exercise</i> , 1996, 28, 1327-1330.	0.4	430
2	Unfavorable Effects of Resistance Training on Central Arterial Compliance. <i>Circulation</i> , 2004, 110, 2858-2863.	1.6	413
3	A cross-sectional study of sarcopenia in Japanese men and women: reference values and association with cardiovascular risk factors. <i>European Journal of Applied Physiology</i> , 2010, 110, 57-65.	2.5	281
4	Calf circumference as a surrogate marker of muscle mass for diagnosing sarcopenia in Japanese men and women. <i>Geriatrics and Gerontology International</i> , 2015, 15, 969-976.	1.5	267
5	A dose-response relation between aerobic exercise and visceral fat reduction: systematic review of clinical trials. <i>International Journal of Obesity</i> , 2007, 31, 1786-1797.	3.4	207
6	Effects of resistance training on arterial stiffness: a meta-analysis. <i>British Journal of Sports Medicine</i> , 2013, 47, 393-396.	6.7	193
7	Greater Age-Related Reductions in Central Arterial Compliance in Resistance-Trained Men. <i>Hypertension</i> , 2003, 41, 130-135.	2.7	184
8	Non-invasive assessment of cardiac output during exercise in healthy young humans: comparison between Modelflow method and Doppler echocardiography method. <i>Acta Physiologica Scandinavica</i> , 2003, 179, 361-366.	2.2	181
9	METs in Adults While Playing Active Video Games. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1149-1153.	0.4	165
10	Metabolic profile of high intensity intermittent exercises. <i>Medicine and Science in Sports and Exercise</i> , 1997, 29, 390-395.	0.4	163
11	Accuracy of Wearable Devices for Estimating Total Energy Expenditure. <i>JAMA Internal Medicine</i> , 2016, 176, 702.	5.1	159
12	Large-scale GWAS identifies multiple loci for hand grip strength providing biological insights into muscular fitness. <i>Nature Communications</i> , 2017, 8, 16015.	12.8	149
13	Effects of endurance training on resting and post-exercise cardiac autonomic control. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 1496-1502.	0.4	147
14	Longer Time Spent in Light Physical Activity Is Associated With Reduced Arterial Stiffness in Older Adults. <i>Hypertension</i> , 2010, 56, 540-546.	2.7	144
15	Resistance training and arterial compliance: keeping the benefits while minimizing the stiffening. <i>Journal of Hypertension</i> , 2006, 24, 1753-1759.	0.5	128
16	Data Resource Profile: The Japan National Health and Nutrition Survey (NHNS). <i>International Journal of Epidemiology</i> , 2015, 44, 1842-1849.	1.9	126
17	Poor trunk flexibility is associated with arterial stiffening. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 2009, 297, H1314-H1318.	3.2	116
18	Effects of one-legged endurance training on femoral arterial and venous size in healthy humans. <i>Journal of Applied Physiology</i> , 2001, 90, 2439-2444.	2.5	109

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19	Developing and Validating an Age-Independent Equation Using Multi-Frequency Bioelectrical Impedance Analysis for Estimation of Appendicular Skeletal Muscle Mass and Establishing a Cutoff for Sarcopenia. <i>International Journal of Environmental Research and Public Health</i> , 2017, 14, 809.	2.6	107
20	Effects of Whole-Body Low-Intensity Resistance Training With Slow Movement and Tonic Force Generation on Muscular Size and Strength in Young Men. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 1926-1938.	2.1	101
21	No Evidence of a Common DNA Variant Profile Specific to World Class Endurance Athletes. <i>PLoS ONE</i> , 2016, 11, e0147330.	2.5	96
22	Athlome Project Consortium: a concerted effort to discover genomic and other "omic" markers of athletic performance. <i>Physiological Genomics</i> , 2016, 48, 183-190.	2.3	96
23	Association Analysis of ACE and ACTN3 in Elite Caucasian and East Asian Swimmers. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 892-900.	0.4	80
24	Effects of 10 Weeks Walk Training With Leg Blood Flow Reduction on Carotid Arterial Compliance and Muscle Size in the Elderly Adults. <i>Angiology</i> , 2011, 62, 81-86.	1.8	74
25	Variations in carotid arterial compliance during the menstrual cycle in young women. <i>Experimental Physiology</i> , 2006, 91, 465-472.	2.0	71
26	Strength Training and All-Cause, Cardiovascular Disease, and Cancer Mortality in Older Women: A Cohort Study. <i>Journal of the American Heart Association</i> , 2017, 6, .	3.7	67
27	Heritability estimates of muscle strength-related phenotypes: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 1537-1546.	2.9	67
28	ApoE gene and exceptional longevity: Insights from three independent cohorts. <i>Experimental Gerontology</i> , 2014, 53, 16-23.	2.8	66
29	Predicting $\dot{V}E^{TM}O_2$ max with an Objectively Measured Physical Activity in Japanese Women. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 179-186.	0.4	63
30	Accuracy of 12 Wearable Devices for Estimating Physical Activity Energy Expenditure Using a Metabolic Chamber and the Doubly Labeled Water Method: Validation Study. <i>JMIR MHealth and UHealth</i> , 2019, 7, e13938.	3.7	60
31	Increased Muscle Size and Strength From Slow-Movement, Low-Intensity Resistance Exercise and Tonic Force Generation. <i>Journal of Aging and Physical Activity</i> , 2013, 21, 71-84.	1.0	59
32	Pulse Wave Velocity for Assessment of Arterial Stiffness Among People With Spinal Cord Injury: A Pilot Study. <i>Journal of Spinal Cord Medicine</i> , 2009, 32, 72-78.	1.4	58
33	Effects of endurance training on the size and blood flow of the arterial conductance vessels in humans. <i>Acta Physiologica Scandinavica</i> , 1998, 163, 13-16.	2.2	57
34	Resistance training in men is associated with increased arterial stiffness and blood pressure but does not adversely affect endothelial function as measured by arterial reactivity to the cold pressor test. <i>Experimental Physiology</i> , 2008, 93, 296-302.	2.0	57
35	Adverse effects of coexistence of sarcopenia and metabolic syndrome in Japanese women. <i>European Journal of Clinical Nutrition</i> , 2012, 66, 1093-1098.	2.9	53
36	Method for preparing DNA from feces in guanidine thiocyanate solution affects 16S rRNA-based profiling of human microbiota diversity. <i>Scientific Reports</i> , 2017, 7, 4339.	3.3	53

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37	Effects of age on ventilatory threshold and peak oxygen uptake normalised for regional skeletal muscle mass in Japanese men and women aged 20–80 years. <i>European Journal of Applied Physiology</i> , 2007, 99, 475-483.	2.5	47
38	"+10 min of Physical Activity per Day"; Japan Is Looking for Efficient but Feasible Recommendations for Its Population. <i>Journal of Nutritional Science and Vitaminology</i> , 2015, 61, S7-S9.	0.6	47
39	Effect of resistance training using bodyweight in the elderly: Comparison of resistance exercise movement between slow and normal speed movement. <i>Geriatrics and Gerontology International</i> , 2015, 15, 1270-1277.	1.5	46
40	Dose–response relationship between protein intake and muscle mass increase: a systematic review and meta-analysis of randomized controlled trials. <i>Nutrition Reviews</i> , 2021, 79, 66-75.	5.8	45
41	Community-wide intervention and population-level physical activity: a 5-year cluster randomized trial. <i>International Journal of Epidemiology</i> , 2018, 47, 642-653.	1.9	44
42	Cutoffs for calf circumference as a screening tool for low muscle mass: WASEDA'S Health Study. <i>Geriatrics and Gerontology International</i> , 2020, 20, 943-950.	1.5	44
43	Lack of age-related decreases in basal whole leg blood flow in resistance-trained men. <i>Journal of Applied Physiology</i> , 2005, 99, 1384-1390.	2.5	43
44	ACTN3 R577X Genotype is Associated with Sprinting in Elite Japanese Athletes. <i>International Journal of Sports Medicine</i> , 2014, 35, 172-177.	1.7	43
45	Age and cardiorespiratory fitness are associated with arterial stiffening and left ventricular remodelling. <i>Journal of Human Hypertension</i> , 2010, 24, 197-206.	2.2	42
46	Prediction of VO ₂ max with daily step counts for Japanese adult women. <i>European Journal of Applied Physiology</i> , 2009, 105, 289-296.	2.5	41
47	ACTN3 R577X genotype and athletic performance in a large cohort of Japanese athletes. <i>European Journal of Sport Science</i> , 2016, 16, 694-701.	2.7	40
48	Heritability estimates of endurance-related phenotypes: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 834-845.	2.9	40
49	Low-dose vitamin K2 (MK-4) supplementation for 12 months improves bone metabolism and prevents forearm bone loss in postmenopausal Japanese women. <i>Journal of Bone and Mineral Metabolism</i> , 2014, 32, 142-150.	2.7	39
50	Low-molecular-weight adiponectin and high-molecular-weight adiponectin levels in relation to diabetes. <i>Obesity</i> , 2014, 22, 401-407.	3.0	37
51	Physical Fitness Tests and Type 2 Diabetes Among Japanese: A Longitudinal Study From the Niigata Wellness Study. <i>Journal of Epidemiology</i> , 2019, 29, 139-146.	2.4	37
52	Age-related reductions in appendicular skeletal muscle mass: association with habitual aerobic exercise status. <i>Clinical Physiology and Functional Imaging</i> , 2002, 22, 169-172.	1.2	35
53	Home-Based Active Video Games to Promote Weight Loss during the Postpartum Period. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 472-478.	0.4	35
54	Dissociation between the time courses of femoral artery blood flow and pulmonary V̇O ₂ during repeated bouts of heavy knee extension exercise in humans. <i>Experimental Physiology</i> , 2004, 89, 243-253.	2.0	34

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55	The contribution of Nintendo<i>Wii Fit</i>series in the field of health: a systematic review and meta-analysis. PeerJ, 2017, 5, e3600.	2.0	34
56	Associations of sex hormone-binding globulin and testosterone with diabetes among men and women (the Saku Diabetes study): a case control study. Cardiovascular Diabetology, 2012, 11, 130.	6.8	31
57	Cardiorespiratory Fitness Suppresses Age-Related Arterial Stiffening in Healthy Adults: A 2-Year Longitudinal Observational Study. Journal of Clinical Hypertension, 2016, 18, 292-298.	2.0	31
58	Gut microbial composition in patients with atrial fibrillation: effects of diet and drugs. Heart and Vessels, 2021, 36, 105-114.	1.2	31
59	Body Mass Index and Kidney Stones: A Cohort Study of Japanese Men. Journal of Epidemiology, 2016, 26, 131-136.	2.4	30
60	Lack of association between genotype score and sprint/power performance in the Japanese population. Journal of Science and Medicine in Sport, 2017, 20, 98-103.	1.3	30
61	Genome-Wide Association Study Reveals a Novel Association Between MYBPC3 Gene Polymorphism, Endurance Athlete Status, Aerobic Capacity and Steroid Metabolism. Frontiers in Genetics, 2020, 11, 595.	2.3	30
62	Comprehensive analysis of gut microbiota of a healthy population and covariates affecting microbial variation in two large Japanese cohorts. BMC Microbiology, 2021, 21, 151.	3.3	30
63	Predicting $\dot{V}O_{2\max}$ with an objectively measured physical activity in Japanese men. European Journal of Applied Physiology, 2010, 109, 465-472.	2.5	29
64	Relationship Between Physical Activity and Chronic Musculoskeletal Pain Among Community-Dwelling Japanese Adults. Journal of Epidemiology, 2014, 24, 474-483.	2.4	29
65	The association of HFE gene H63D polymorphism with endurance athlete status and aerobic capacity: novel findings and a meta-analysis. European Journal of Applied Physiology, 2020, 120, 665-673.	2.5	29
66	Relationship of Living Conditions With Dietary Patterns Among Survivors of the Great East Japan Earthquake. Journal of Epidemiology, 2013, 23, 376-381.	2.4	28
67	Behavioral change during weight loss program and one-year follow-up: Saku Control Obesity Program (SCOP) in Japan. Asia Pacific Journal of Clinical Nutrition, 2012, 21, 22-34.	0.4	28
68	Lack of replication of associations between multiple genetic polymorphisms and endurance athlete status in Japanese population. Physiological Reports, 2016, 4, e13003.	1.7	27
69	Dose-response relationship between sports activity and musculoskeletal pain in adolescents. Pain, 2016, 157, 1339-1345.	4.2	27
70	Low-intensity resistance training with slow movement and tonic force generation increases basal limb blood flow. Clinical Physiology and Functional Imaging, 2009, 29, 128-135.	1.2	26
71	Effect of Low Dose Vitamin K2 (MK-4) Supplementation on Bio-Indices in Postmenopausal Japanese Women. Journal of Nutritional Science and Vitaminology, 2009, 55, 15-21.	0.6	26
72	Does Aerobic Exercise Mitigate the Effects of Cigarette Smoking on Arterial Stiffness?. Journal of Clinical Hypertension, 2014, 16, 640-644.	2.0	26

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73	â€œAdd 10 Min for Your Healthâ€ Journal of the American College of Cardiology, 2015, 65, 1153-1154.	2.8	26
74	Comparison between clinical significance of height-adjusted and weight-adjusted appendicular skeletal muscle mass. Journal of Physiological Anthropology, 2017, 36, 15.	2.6	25
75	Results from the Japan's 2018 report card on physical activity for children and youth. Journal of Exercise Science and Fitness, 2019, 17, 20-25.	2.2	25
76	Light-Intensity Physical Activity Is Associated With Insulin Resistance in Elderly Japanese Women Independent of Moderate- to Vigorous-Intensity Physical Activity. Journal of Physical Activity and Health, 2014, 11, 266-271.	2.0	24
77	Community-wide promotion of physical activity in middle-aged and older Japanese: a 3-year evaluation of a cluster randomized trial. International Journal of Behavioral Nutrition and Physical Activity, 2015, 12, 82.	4.6	24
78	Installation of a stationary high desk in the workplace: effect of a 6-week intervention on physical activity. BMC Public Health, 2015, 15, 368.	2.9	24
79	Obesity and low back pain: a retrospective cohort study of Japanese males. Journal of Physical Therapy Science, 2017, 29, 978-983.	0.6	24
80	Association between dietary intake and the prevalence of tumourigenic bacteria in the gut microbiota of middle-aged Japanese adults. Scientific Reports, 2020, 10, 15221.	3.3	24
81	Lack of carotid stiffening associated with MTHFR 677TT genotype in cardiorespiratory fit adults. Physiological Genomics, 2010, 42, 259-265.	2.3	23
82	Differences in body composition and risk of lifestyle-related diseases between young and older male rowers and sedentary controls. Journal of Sports Sciences, 2009, 27, 1027-1034.	2.0	22
83	Relation of body composition to daily physical activity in free-living Japanese adult women. British Journal of Nutrition, 2011, 106, 1117-1127.	2.3	22
84	Association between ACTN3 R577X Polymorphism and Trunk Flexibility in 2 Different Cohorts. International Journal of Sports Medicine, 2017, 38, 402-406.	1.7	22
85	Simultaneous Validation of Seven Physical Activity Questionnaires Used in Japanese Cohorts for Estimating Energy Expenditure: A Doubly Labeled Water Study. Journal of Epidemiology, 2018, 28, 437-442.	2.4	22
86	Attenuated Age-Related Carotid Arterial Remodeling in Adults with a High Level of Cardiorespiratory Fitness. Journal of Atherosclerosis and Thrombosis, 2011, 18, 248-254.	2.0	22
87	Results From Japan's 2016 Report Card on Physical Activity for Children and Youth. Journal of Physical Activity and Health, 2016, 13, S189-S194.	2.0	21
88	Development and validation of a simple anthropometric equation to predict appendicular skeletal muscle mass. Clinical Nutrition, 2021, 40, 5523-5530.	5.0	21
89	The Association Between MCT1 T1470A Polymorphism and Power-Oriented Athletic Performance. International Journal of Sports Medicine, 2017, 38, 76-80.	1.7	20
90	Development of prediction equations for estimating appendicular skeletal muscle mass in Japanese men and women. Journal of Physiological Anthropology, 2017, 36, 34.	2.6	20

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91	Validating muscle mass cutoffs of four international sarcopenia working groups in Japanese people using DXA and BIA. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2021, 12, 1000-1010.	7.3	20
92	Epistasis, physical capacity-related genes and exceptional longevity: FNDC5 gene interactions with candidate genes FOXO3 and APOE. <i>BMC Genomics</i> , 2017, 18, 803.	2.8	19
93	Community-wide physical activity intervention based on the Japanese physical activity guidelines for adults: A non-randomized controlled trial. <i>Preventive Medicine</i> , 2018, 107, 61-68.	3.4	19
94	Association between Lifestyle Changes and at-Home Hours during and after the State of Emergency Due to the COVID-19 Pandemic in Japan. <i>Nutrients</i> , 2021, 13, 2698.	4.1	19
95	Attenuated Increases in Blood Pressure by Dynamic Resistance Exercise in Middle-Aged Men. <i>Hypertension Research</i> , 2008, 31, 1045-1053.	2.7	18
96	Associations among objectively measured physical activity, fasting plasma homocysteine concentration, and MTHFR C677T genotype. <i>European Journal of Applied Physiology</i> , 2011, 111, 2997-3005.	2.5	18
97	Relationships between social factors and physical activity among elderly survivors of the Great East Japan earthquake: a cross-sectional study. <i>BMC Geriatrics</i> , 2016, 16, 30.	2.7	18
98	Association of bioelectrical phase angle with aerobic capacity, complex gait ability and total fitness score in older adults. <i>Experimental Gerontology</i> , 2021, 150, 111350.	2.8	18
99	Effects of Maximal Interval Training on Arterial Oxygen Desaturation and Ventilation during Heavy Exercise. <i>The Japanese Journal of Physiology</i> , 1999, 49, 401-407.	0.9	17
100	Comparison of ventilatory threshold and exercise habits between Japanese men with and without metabolic syndrome. <i>Diabetes Research and Clinical Practice</i> , 2007, 77, 314-319.	2.8	17
101	Habitual rowing exercise is associated with high physical fitness without affecting arterial stiffness in older men. <i>Journal of Sports Sciences</i> , 2012, 30, 241-246.	2.0	17
102	The relationship of body composition to daily physical activity in free-living Japanese adult men. <i>British Journal of Nutrition</i> , 2014, 111, 182-188.	2.3	17
103	Preproghrelin gene polymorphisms in obese Japanese women. Minor homozygotes are light eaters, do not prefer protein or fat, and apparently have a poor appetite. <i>Appetite</i> , 2013, 63, 105-111.	3.7	16
104	Lack of age-related increase in carotid artery wall viscosity in cardiorespiratory fit men. <i>Journal of Hypertension</i> , 2013, 31, 2370-2379.	0.5	16
105	Exhaustive exercise increases the TNF- α production in response to flagellin via the upregulation of toll-like receptor 5 in the large intestine in mice. <i>Immunology Letters</i> , 2014, 158, 151-158.	2.5	16
106	Mother-to-infant transmission of the carcinogenic colibactin-producing bacteria. <i>BMC Microbiology</i> , 2021, 21, 235.	3.3	16
107	Associations between depression and unhealthy behaviours related to metabolic syndrome: a cross sectional study. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2017, 26, 130-140.	0.4	16
108	Intestinal microbe-dependent β 3 lipid metabolite β -KetoA prevents inflammatory diseases in mice and cynomolgus macaques. <i>Mucosal Immunology</i> , 2022, 15, 289-300.	6.0	16

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109	Study Design of the Saku Control Obesity Program (SCOP). <i>Anti-aging Medicine</i> , 2007, 4, 70-73.	0.7	15
110	Relationship between changes in body weight and waist circumference in Japanese. <i>Environmental Health and Preventive Medicine</i> , 2007, 12, 220-223.	3.4	15
111	Resting energy expenditure can be assessed by dual-energy X-ray absorptiometry in women regardless of age and fitness. <i>European Journal of Clinical Nutrition</i> , 2009, 63, 529-535.	2.9	15
112	Mitochondrial Macrohaplogroup Associated with Muscle Power in Healthy Adults. <i>International Journal of Sports Medicine</i> , 2012, 33, 410-414.	1.7	15
113	Circulating leptin levels are associated with physical activity or physical fitness in Japanese. <i>Environmental Health and Preventive Medicine</i> , 2014, 19, 362-366.	3.4	15
114	FNDC5 (irisin) gene and exceptional longevity: a functional replication study with rs16835198 and rs726344 SNPs. <i>Age</i> , 2014, 36, 9733.	3.0	15
115	Reference Values for Cardiorespiratory Fitness and Incidence of Type 2 Diabetes. <i>Journal of Epidemiology</i> , 2014, 24, 25-30.	2.4	15
116	CNTRF Genotype and Sprint/power Performance: Case-control Association and Functional Studies. <i>International Journal of Sports Medicine</i> , 2016, 37, 411-417.	1.7	15
117	Relationship between Cardiorespiratory Fitness and Non-High-Density Lipoprotein Cholesterol: A Cohort Study. <i>Journal of Atherosclerosis and Thrombosis</i> , 2018, 25, 1196-1205.	2.0	15
118	Age, Sex, and Regional Differences in the Effect of COVID-19 Pandemic on Objective Physical Activity in Japan: A 2-Year Nationwide Longitudinal Study. <i>Journal of Nutrition, Health and Aging</i> , 2021, 25, 1032-1033.	3.3	15
119	PPAR β C1431T genotype increases metabolic syndrome risk in young men with low cardiorespiratory fitness. <i>Physiological Genomics</i> , 2011, 43, 103-109.	2.3	14
120	Comprehensive analysis of common and rare mitochondrial DNA variants in elite Japanese athletes: a case-control study. <i>Journal of Human Genetics</i> , 2013, 58, 780-787.	2.3	14
121	Long-term Impact of Cardiorespiratory Fitness on Type 2 Diabetes Incidence: A Cohort Study of Japanese Men. <i>Journal of Epidemiology</i> , 2018, 28, 266-273.	2.4	14
122	Dietary Vitamin B1 Intake Influences Gut Microbial Community and the Consequent Production of Short-Chain Fatty Acids. <i>Nutrients</i> , 2022, 14, 2078.	4.1	14
123	Accuracy of Segmental Bioelectrical Impedance Analysis for Predicting Body Composition in Pre- and Postmenopausal Women. <i>Journal of Clinical Densitometry</i> , 2015, 18, 252-259.	1.2	13
124	Association between objectively measured physical activity and body mass index with low back pain: a large-scale cross-sectional study of Japanese men. <i>BMC Public Health</i> , 2018, 18, 341.	2.9	13
125	Fluctuations in carotid arterial distensibility during the menstrual cycle do not influence cardiovascular baroreflex sensitivity. <i>Acta Physiologica</i> , 2006, 186, 103-110.	3.8	12
126	Nonexercise models for predicting maximal oxygen uptake existing physiological basis. <i>European Journal of Applied Physiology</i> , 2007, 101, 265-266.	2.5	12

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127	Required muscle mass for preventing lifestyle-related diseases in Japanese women. BMC Public Health, 2008, 8, 291.	2.9	12
128	Higher cardiorespiratory fitness attenuates arterial stiffening associated with the Ala54Thr polymorphism in <i>FABP2</i> . Physiological Genomics, 2013, 45, 237-242.	2.3	12
129	AGTR2 and sprint/power performance: a case-control replication study for rs11091046 polymorphism in two ethnicities. Biology of Sport, 2018, 35, 105-109.	3.2	12
130	Physical Fitness and Dyslipidemia Among Japanese: A Cohort Study From the Niigata Wellness Study. Journal of Epidemiology, 2021, 31, 287-296.	2.4	12
131	Translating from 23METs-h/wk as physical activity reference value for Japanese to daily step counts. Japanese Journal of Physical Fitness and Sports Medicine, 2012, 61, 183-191.	0.0	12
132	Association of Personality (NEO-Five Factor Inventory) with Eating Behaviors and Physical Activity Levels in Obese Subjects in the Saku Control Obesity Program (SCOP). Anti-aging Medicine, 2007, 4, 43-50.	0.7	11
133	Anthropometric and Clinical Findings in Obese Japanese: The Saku Control Obesity Program (SCOP). Anti-aging Medicine, 2008, 5, 13-16.	0.7	11
134	Muscle mass and bone mineral indices: does the normalized bone mineral content differ with age?. European Journal of Clinical Nutrition, 2009, 63, 465-472.	2.9	11
135	What Behaviors Are Important for Successful Weight Maintenance?. Journal of Obesity, 2012, 2012, 1-7.	2.7	11
136	Consistently High Level of Cardiorespiratory Fitness and Incidence of Type 2 Diabetes. Medicine and Science in Sports and Exercise, 2017, 49, 2048-2055.	0.4	11
137	Combined association of cardiorespiratory fitness and family history of hypertension on the incidence of hypertension: a long-term cohort study of Japanese males. Hypertension Research, 2018, 41, 1063-1069.	2.7	11
138	Reduction in Adiposity, β -Cell Function, Insulin Sensitivity, and Cardiovascular Risk Factors: A Prospective Study among Japanese with Obesity. PLoS ONE, 2013, 8, e57964.	2.5	11
139	Diet quality and physical or comprehensive frailty among older adults. European Journal of Nutrition, 2022, 61, 2451-2462.	3.9	11
140	Relationship between Blood Adipocytokines and Resting Energy Expenditure in Young and Elderly Women. Journal of Nutritional Science and Vitaminology, 2007, 53, 529-535.	0.6	10
141	The rs1333049 polymorphism on locus 9p21.3 and extreme longevity in Spanish and Japanese cohorts. Age, 2014, 36, 933-943.	3.0	10
142	Wii Fit U intensity and enjoyment in adults. BMC Research Notes, 2014, 7, 567.	1.4	10
143	Exceptional longevity and muscle and fitness related genotypes: a functional in vitro analysis and case-control association replication study with SNPs THR1 rs7832552, IL6 rs1800795, and ACSL1 rs6552828. Frontiers in Aging Neuroscience, 2015, 07, 59.	3.4	10
144	Validity of an observational assessment tool for multifaceted evaluation of faecal condition. Scientific Reports, 2019, 9, 3760.	3.3	10

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145	Simulating the Impact of Long-Term Care Prevention Among Older Japanese People on Healthcare Costs From 2020 to 2040 Using System Dynamics Modeling. <i>Frontiers in Public Health</i> , 2020, 8, 592471.	2.7	10
146	A Prospective Cohort Study of Muscular and Performance Fitness and Risk of Hearing Loss: The Niigata Wellness Study. <i>American Journal of Medicine</i> , 2021, 134, 235-242.e4.	1.5	10
147	Changes in Muscle Activation and Force Generation Patterns During Cycling Movements Because of Low-Intensity Squat Training With Slow Movement and Tonic Force Generation. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 2367-2376.	2.1	9
148	Attenuated Age-Related Increases in Arterial Stiffness in Japanese and American Women. <i>Journal of the American Geriatrics Society</i> , 2015, 63, 1170-1174.	2.6	9
149	Palmitoleic acid induces the cardiac mitochondrial membrane permeability transition despite the presence of L-carnitine. <i>Biochemical and Biophysical Research Communications</i> , 2015, 463, 29-36.	2.1	9
150	Weight change after 20 years of age and the incidence of dyslipidemia: a cohort study of Japanese male workers. <i>Journal of Public Health</i> , 2016, 38, e77-e83.	1.8	9
151	Body flexibility and incident hypertension: The Niigata wellness study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 702-709.	2.9	9
152	Evaluation of muscle strength and its relation to exercise habits in Japanese. <i>Acta Medica Okayama</i> , 2009, 63, 151-5.	0.2	9
153	Central circulatory and peripheral O ₂ extraction changes as interactive facilitators of pulmonary O ₂ uptake during a repeated high-intensity exercise protocol in humans. <i>European Journal of Applied Physiology</i> , 2007, 99, 361-369.	2.5	8
154	Relation between cigarette smoking and ventilatory threshold in the Japanese. <i>Environmental Health and Preventive Medicine</i> , 2011, 16, 185-190.	3.4	8
155	Dietary glycemic index and glycemic load in relation to HbA _{1c} in Japanese obese adults: a cross-sectional analysis of the Saku Control Obesity Program. <i>Nutrition and Metabolism</i> , 2012, 9, 79.	3.0	8
156	Association of 29C>T polymorphism in the transforming growth factor- β 1 gene with lean body mass in community-dwelling Japanese population. <i>Geriatrics and Gerontology International</i> , 2012, 12, 292-297.	1.5	8
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