



CURRICULUM VITAE

18-June-2010

Name: Jonatan Ruiz Ruiz
Birth day: 22nd, March, 1978, Igualada (Barcelona), Spain
Position: Post Doctoral Research Fellow
Employer: Karolinska Institutet (Post-Doc Fellow, Spanish Ministry of Education)
Address: Unit for Preventive Nutrition
Dept. Biosciences and Nutrition at NOVUM
Hälsövägen 7-9
SE-141 57 Huddinge, Sweden
Email: ruizj@ugr.es / Jonatan.Ruiz.Ruiz@ki.se
Phone: + 46 8 608 9287
Fax: + 46 8 608 3350

Academic Background

1999 Bachelor Degree in Physical Education, University of Granada, Spain.
2002 BSc Degree in Physical Activity and Sports Sciences, University of Granada, Spain.
2002 Stance at the John Moores University, Liverpool, England. From January to May.
2007-02-22 Ph.D. Exercise Physiology, University of Granada, Spain.
2007-03-30 Ph.D. Medical Sciences, Karolinska Institutet, Sweden.

Academic Activity

2002 ó 2008 Assistant Lecturer in the School of Medicine, University of Granada.
2002 ó 2008 Assistant Lecturer in the School of Sport Sciences, University of Granada.
2005 ó 2007 Invited Lecturer in the Master of Public Health, Unit for Preventive Nutrition, Department of Biosciences and Nutrition at NOVUM, Karolinska Institutet, Stockholm, Sweden.
2008 ó Invited Lecturer in òCurso especialista en entrenamiento personal. Universidad Politécnicade Madrid, Spain.
2009 ó Visiting Lecturer in òMaster oficial en Investigación Sociosanitariaö, Universidad de Castilla la Mancha, Spain (3 ECTS).

Previous Positions

2003 ó 2007 Ph.D. Student. Dept. Physiology, School of Medicine. University of Granada. Spain.
2006 ó 2007 Ph.D. Student. Dept. Biosciences and Nutrition, Unit for Preventive Nutrition, Karolinska Institutet, Sweden.

2007 ó Post Doc in the Department of Biosciences and Nutrition, Karolinska Institutet, Sweden.

Research projects, 2004-2009

- 2001 ó The AVENA study. Evaluation of nutritional status in Spanish Adolescents. Funded by the Spanish Ministry of Health Amount: 300 000 þ
- 2005 ó The EYHS. European Youth Heart Study. Funded by the Stockholm City Council. Amount: 3 000 000 SEK
- 2005 ó The HELENA Study. Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA). Funded by the European Community (FP6-2003-Food-2-A, FOOD-2003-T2.4). DG Sanco Resarch, 6th Framework Programe. Amount: 5 000 000 þ
- 2006 ó The IDEFICS Study. Identification and prevention of dietary- and lifestyle-induced health effects in children and infants. DG Sanco Resarch, 6th Framework Programe. Amount: 12 000 000 þ
- 2006 ó EXERNET. A Spanish research net for promotion of physical activity and healthy lifestyle in special groups. Funded by the Spanish Ministry of Health. 20 000 þ
- 2007 ó ALPHA. Assessing Levels of Physical Activity and Fitness. is EU-funded project, in the framework of the Public Health Programme, DG Sanco. Amount: 1 000 000 þ.
- 2008 ó The European Youth Heart Study ó a collaborative effort; Analyses of longitudinal objective data on physical activity habits and influence of CVD risk factors will make interventions more effective! Funded by KI Research Network for Public and International Health. Amount: 250 000 SEK
- 2008 ó Physical activity, fitness, cardiovascular risk factors and gene-lifestyle interactions in youths. Funded by Karolinska Institutet. Amount: 128 800 SEK
- 2009 ó Health Enhancing Strength Training in Nonagenarians (STRONG). Funded by Loo and Hans Ostermans foundation. Amount: 100 000 SEK
- 2009 ó Gene-lifestyle interactions in Swedish youth: a longitudinal study. Funded by Karolinska Institutet. Amount: 32 000 SEK
- 2010 ó Efectos de programas de actividad física en la calidad de vida de personas con fibromialgia (EPAFI). Fundación Mapfre. Cantidad: 15000þ.

Peer-Review Publications

1. Gonzalez-Gross M, Gutierrez A, Mesa JL, **Ruiz-Ruiz J**, Castillo MJ. Nutrition in the sport practice: adaptation of the food guide pyramid to the characteristics of athletesø diet. **Arch Latinoamer Nutr** 2001; 51: 321-331.
2. **Ruiz-Ruiz J**, Mesa JL, Castillo MJ, Gutierrez A. Hand size influences optimal grip span in women but not in men. **J Hand Surg [Am]** 2002; 27: 897-901.
3. Mesa JL, **Ruiz JR**, Gonzalez-Gross M, Gutierrez A, Castillo MJ. Creatine supplementation and skeletal muscle metabolism in physical exercise. **Sports Med** 2002; 32: 903-944.
4. Gonzalez-Gross M, **Ruiz JR**, Moreno LA, de Rufino-Rivas P, Garaulet M, Mesana MI, Gutierrez A and the AVENA group. Body composition and physical performance of Spanish adolescents. The AVENA pilot study. **Acta Diabetol** 2003; 40: S299-S301.
5. Gutierrez A, Mesa JL, **Ruiz JR**, Chiroso LJ, Castillo MJ. Sauna-induced rapid weight loss decreases explosive power in women but not in men. **Int J Sports Med** 2003; 24: 518-522.
6. Gutierrez A, Gonzalez-Gross M, **Ruiz JR**, Mesa JL, Castillo MJ. Exposure to hypoxia decreases growth hormone response to physical exercise in untrained subjects. **J Sports Med Phys Fitness** 2003; 43: 554-558.

7. Castillo MJ, **Ruiz JR**. Use of Short Message Service (SMS) of cell phone to provide feedback in teaching and learning process. **British Medical Journal** <http://bmj.com/cgi/eletters/326/7386/437#35188> 31 July 2003.
8. **Ruiz JR**, Mesa JL, Mingorance I, Rodriguez Cuartero A, Castillo MJ. [Sports requiring stressful physical exertion cause abnormalities in plasma lipid profile]. **Rev Esp Cardiol** 2004; 57: 499-506.
9. Ortega Porcel F, **Ruiz-Ruiz J**, MJ Castillo Garzon, A Gutierrez Sainz. Hiponatremia en esfuerzos de ultraresistencia: efectos sobre la salud y el rendimiento. **Arch Latinoamer Nutr** 2004; 52: 155-164.
10. Castillo Garzon MJ, Ortega Porcel FB, **Ruiz-Ruiz J**. Improvement of physical fitness as anti-aging intervention. **Med Clin** 2005; 124: 146-155.
11. Moreno LA, MI Mesana, Fleta J, **Ruiz JR**, M Gonzalez-Gross, A Sarria, A Marcos, M Bueno, and the AVENA Study Group. Overweight, obesity and body fat composition in Spanish adolescents. The AVENA Study. **Ann Nut Metab** 2005; 49: 71-76.
12. Ortega FB, **Ruiz JR**, Castillo MJ, Moreno LA, Gonzalez-Gross M, Wanberg J, Gutierrez A y grupo AVENA. [Low level of physical fitness in Spanish adolescents. Relevance for future cardiovascular health (AVENA Study)]. **Rev Esp Cardiol** 2005, 58: 898-909.
13. **Ruiz JR**, Ortega F, Gutierrez A, Castillo MJ, Agil A. Increased susceptibility to plasma lipid peroxidation in untrained subjects after an extreme mountain bike challenge at moderate altitude **Int J Sports Med** 2006; 27: 587-589.
14. Moreno LA, Mesana MI, González-Gross M, Gil CM, Fleta J, Wörnberg J, **Ruiz JR**, Sarria A, Marcos A, Bueno M and the AVENA Study Group. Anthropometric body fat composition reference values in Spanish adolescents. The AVENA Study. **Eur J Clinical Nutr** 2006; 60: 191-196.
15. **Ruiz JR**, FB Ortega, LA Moreno, J Wörnberg, M Gonzalez-Gross, MD Cano, A Gutierrez, MJ Castillo, and the AVENA Study Group. Serum lipid and lipoprotein reference values of Spanish adolescents; The AVENA study. **Soz Praeventiv Med** 2006; 51: 99-109.
16. Mesa JL, **Ruiz JR**, Ortega FB, Warnberg J, Gonzalez-Lamuño D, Moreno LA, Gutierrez A, Castillo MJ, and the AVENA Study Group. Aerobic physical fitness in relation to blood lipids and fasting glycaemia in adolescents. Influence of weight Status. **Nutr Metab Cardiovasc Dis** 2006; 16: 285-293.
17. **Ruiz JR**, Ortega FB, Meusel D, Harro M, Oja P, Sjöström M. Cardiorespiratory fitness is associated with features of metabolic risk factors in children. Should cardiorespiratory fitness be assessed in a European health monitoring system? The European Youth Heart Study. **J Public Health** 2006; 14: 94-102.
18. Mesa JL, Ortega FB, **Ruiz JR**, Castillo MJ, Hurtig Wennlöf A, Gutierrez A. The importance of cardiorespiratory fitness for healthy metabolic traits in children and adolescents. The AVENA Study. **J Public Health** 2006; 14: 178-180.
19. **Ruiz JR**, Rizzo NS, Hurtig-Wennlöf A, Ortega FB, Warnberg J, Sjöström M. Relations of total physical activity and intensity to fitness and fatness in children; The European Youth Heart Study. **Am J Clin Nutr** 2006; 84: 299-303.
20. Warnberg J, Nova E, Moreno LA, Romeo J, Mesana MI, **Ruiz JR**, Ortega FB, Sjöström M, Bueno M, Marcos A; AVENA Study Group. Inflammatory proteins are related to total and

abdominal adiposity in a healthy adolescent population: the AVENA Study. **Am J Clin Nutr.** 2006; 84: 505-512.

21. Ortega FB, **Ruiz JR**, Gutierrez A, Castillo MJ. Extreme mountain bike challenges may induce sub-clinical myocardial damage. **J Sports Med Phys Fitness.** 2006; 46: 489-493.
22. Castillo Garzon MJ, **Ruiz JR**, Ortega FB, Gutierrez A. Anti-aging therapy through fitness enhancement. **Clinical Interventions in Aging** 2006; 1: 213-220.
23. **Ruiz JR**, España-Romero V, Ortega FB, Sjöström M, Castillo MJ, Gutierrez A. Hand span influences optimal grip span in male and female teenagers. **J Hand Surgery [Am]** 2006; 31: 1367-1372.
24. **Ruiz JR**, Ortega FB, Gutierrez A, Sjöström M, Castillo MJ. Health-related physical fitness assessment in childhood and adolescence; A European approach based on the AVENA, EYHS and HELENA studies. **J Public Health** 2006; 14: 269-277.
25. Grjibovski AM, Bergman P, Hagströmer M, Hurtig-Wennlöf A, Meusel D, Ortega FB, Patterson E, Poortvliet E, Rizzo N, **Ruiz JR**, Warnberg J, Sjöström M. A dropout analysis of the second phase of the Swedish part of the European Youth Heart Study. **J Public Health** 2006; 14: 261-268.
26. **Ruiz JR**, Ortega FB, Tresaco B, Warnberg J, Mesa JL, Gonzalez-Gross M, Moreno LA, Marcos A, Gutierrez A, Castillo MJ. Serum lipids, body mass index and waist circumference during pubertal development in Spanish adolescents: The AVENA Study. **Horm Metab Res** 2006; 38: 832-837.
27. Mesa JL, Ortega FB, **Ruiz JR**, Castillo MJ, Tresaco B, Carreño F, Moreno LA, Gutierrez A, Bueno M. Anthropometric determinants of a clustering of lipid-related metabolic risk factors in overweight and non-overweight adolescents-influence of cardiorespiratory fitness. The AVENA Study. **Ann Nutr Metab** 2006; 50: 519-527.
28. Castillo-Garzon MJ, **Ruiz JR**, Ortega FB, Gutierrez-Sainz A. A Mediterranean diet is not enough for health: Physical fitness is an important additional contributor to health for the adults of tomorrow. **World Rev Nutr Diet** 2007; 97: 114-138.
29. Tercedor P, Martin-Matillas M, Chillon P, Perez Lopez IJ, Ortega FB, Warnberg J, **Ruiz JR**, Delgado M y Grupo AVENA. [Increase in cigarette smoking and decrease in the level of physical activity among Spanish adolescents]. AVENA study. **Nutr Hosp** 2007; 22: 97-102.
30. **Ruiz JR**, Hurtig-Wennlöf A, Ortega FB, Patterson E, Nilsson TK, Castillo MJ, Sjöström M. Homocysteine levels in children and adolescents are associated with the methylenetetrahydrofolate reductase 677C > T genotype, but not with physical activity, fitness or fatness: The European Youth Heart Study. **Brit J Nutr** 2007; 97: 255-262.
31. **Ruiz JR**, Sola R, Gonzalez-Gross M, Ortega FB, Vicente-Rodriguez G, Garcia-Fuentes M, Gutierrez A, Sjöström M, Pietrzik K, Castillo MJ. Cardiovascular fitness is negatively associated with homocysteine levels in female adolescents. **Arch Pediatr Adolesc Med** 2007; 161: 166-171.
32. **Ruiz JR**, Ortega FB, Rizzo NS, Villa I, Hurtig-Wennlöf A, Oja L, Sjoström M. High cardiorespiratory fitness is associated with low metabolic risk score in children; The European Youth Heart Study **Pediatrics Res** 2007; 61: 350-355.

33. Rizzo N, **Ruiz JR**, Hurtig-Wennlöf A, Ortega FB, Sjöström M. Relationship of physical activity, fitness, and fatness with clustered metabolic risk in children and adolescents: the European youth heart study. **J Pediatr** 2007; 150: 388-394.
34. **Ruiz JR**, Rizzo NS, Ortega FB, Loit HM, Veidebaum T, Sjöström M. Association of insulin resistance markers with fatness and fitness in school-aged children. The European Youth Heart Study. **Diabetologia** 2007; 50: 1401-1408.
35. Hurtig-Wennlöf A, **Ruiz JR**, Harro M, Sjöström M. Cardiorespiratory fitness relates more strongly than physical activity to cardiovascular disease risk factors in healthy children and adolescents: the European Youth Heart Study. **Eur J Cardiovasc Prev Rehabil** 2007; 14: 575-581.
36. Ortega FB, Tresaco B, **Ruiz JR**, Moreno LA, Martin-Matillas M, Mesa JL, Warnberg J, Bueno M, Tercedor P, Gutierrez A, Castillo MJ. Cardiorespiratory fitness is associated with favourable abdominal adiposity in adolescents. The AVENA study. **Obesity** 2007; 15: 1589-1599.
37. **Ruiz JR**, Ortega FB, Meusel D, Sjöström M. Traditional and Novel Cardiovascular Risk Factors in School-aged Children: Call for the Further Development of Public Health Strategies with Emphasis on Fitness. **J Public Health** 2007; 15: 171-177.
38. Garcia-Artero E, Ortega FB, **Ruiz JR**, Mesa JL, Delgado M, Gonzalez-Gross M, Garcia-Fuentes M, Vicente-Rodriguez G, Gutierrez A, Castillo MJ. Lipid and metabolic profiles in adolescents are affected more by physical fitness than physical activity (AVENA study). **Rev Esp Cardiol** 2007; 60: 581-588.
39. Lobelo F, **Ruiz JR**. Cardiorespiratory fitness as criterion validity for health-based metabolic syndrome definition in adolescents. **J Am Coll Cardiol** 2007; 50: 471. [letter].
40. **Ruiz JR**, Ortega FB, Loit HM, Veidebaum T, Sjöström M. Fatness is associated with blood pressure in school-aged girls with low cardiorespiratory fitness; The European Youth Heart Study. **J Hypertension** 2007; 25: 2027-2034.
41. **Ruiz JR**, Ortega FB, Warnberg J, Sjöström M. Associations of low-grade inflammation with physical activity, fitness and fatness in prepubertal children; the European Youth Heart Study. **Int J Obes** 2007; 31: 1545-1551.
42. Ortega FB, **Ruiz JR**, Mesa JL, Gutierrez A, Sjöström M. Cardiovascular fitness in adolescents: the influence of sexual maturation status-The AVENA and EYHS studies. **Am J Hum Biol** 2007; 19:801-808.
43. Ortega FB, **Ruiz JR**, Sjöström M. Physical activity, overweight and central adiposity in Swedish children and adolescents: the European Youth Heart Study. **Int J Behav Nutr Phys Act** 2007 19;4: 61.
44. Labayen I, Moreno LA, Marti A, Gonzalez-Lamuno D, Warnberg J, Ortega FB, Bueno G, Nova E, **Ruiz JR**, Garagorri JM, Martinez JA, Garcia-Fuentes M, Bueno M; The AVENA study group. Effect of the Ala12 Allele in the PPARgamma-2 Gene on the Relationship Between Birth Weight and Body Composition in Adolescents: The AVENA Study* **Pediatr Res** 2007; 62: 615-619.
45. Artero EG, España-Romero V, Ortega FB, Jiménez-Pavón D, Carreño-Gálvez F, **Ruiz JR**, Gutiérrez A, Castillo MJ. Use of whole-body vibration as a mode of warming up before counter movement jump. **J Sports Sci and Med** 2007; 6: 574-575.

46. Ortega FB, **Ruiz JR**, Castillo MJ, Sjöström M. Physical fitness in childhood and adolescence: a powerful marker of health. **Int J Obes** 2008; 32: 1-11.
47. Ortega FB, **Ruiz JR**, Hurtig-Wennlöf A, Sjöström M. Physically active adolescents are more likely to have a healthier cardiovascular fitness level independently of their adiposity status. The European youth heart study. **Rev Esp Cardiol** 2008; 61: 123-129.
48. España-Romero V, Artero EG, Santaliestra-Pasias AM, Gutierrez A, Castillo MJ, **Ruiz JR**. Hand Span Influences Optimal Grip Span in Boys and Girls Aged 6 to 12 Years. **J Hand Surg [Am]** 2008; 33: 378-384.
49. Rizzo NS, **Ruiz JR**, Oja L, Veidebaum T, Sjöström M. Associations between physical activity, body fat, and insulin resistance (homeostasis model assessment) in adolescents: the European Youth Heart Study. **Am J Clin Nutr** 2008; 87: 586-592.
50. **Ruiz JR**, Ortega FB, Warnberg J, Moreno LA, Carrero JJ, Gonzalez-Gross M, Marcos A, Gutierrez A, Sjöström M. Inflammatory proteins are associated with muscle strength in adolescents; The AVENA Study. **Arch Pediatr Adolesc Med** 2008; 162: 462-468.
51. Vicente-Rodríguez G, Urzanqui A, Mesana MI, Ortega FB, **Ruiz JR**, Ezquerro J, Casajús JA, Blay G, Blay VA, Gonzalez-Gross M, Moreno LA; AVENA-Zaragoza Study Group. Physical fitness effect on bone mass is mediated by the independent association between lean mass and bone mass through adolescence: a cross-sectional study. **J Bone Miner Metab** 2008; 26: 288-294.
52. Ortega FB, **Ruiz JR**, Vicente-Rodríguez G, Sjöström. Central adiposity in 9 and 15 year old Swedish children from the European Youth Heart Study. **Int J Pediatr Obes** 2008; 1-5.
53. Labayen I, Moreno LA, **Ruiz JR**, Gonzalez-Gross M, Warnberg J, Breidenassel C, Ortega FB, Marcos A, Bueno M, and the AVENA Study Group. Small birth weight and later body composition and fat distribution in adolescents. The AVENA study. **Obesity** 2008; 16: 1680-1686.
54. **Ruiz JR**, Sui X, Lobelo F, Morrow JR Jr, Jackson AW, Sjöström M, Blair SN. Association between muscular strength and mortality in men. **BMJ** 2008; 337:a439.
55. Ortega FB, Castillo MJ, **Ruiz JR**, Sjöström M. Response letter to: Is it possible to determine a powerful marker of health? **Int J Obes** 2008 Aug 5. [Epub ahead of print]
56. **Ruiz JR**, Ramirez-Lechuga J, Ortega FB, Castro-Piñero J, Benitez JM, Arauzo-Azofra A, Sanchez C, Sjöström M, Castillo MJ, Gutierrez A, Zabala M; HELENA Study Group. Artificial neural network-based equation for estimating VO₂max from the 20 m shuttle run test in adolescents. **Artif Int Med** 2008 Nov;44(3):233-45.
57. Al-Tahan J, Sola R, **Ruiz JR**, Breidenassel C, García-Fuentes M, Moreno LA, Castillo M, Pietrzik K, González-Gross M. Methylenetetrahydrofolate Reductase 677CT Polymorphism and Cobalamin, Folate, and Homocysteine Status in Spanish adolescents. **Ann Nutr Metab** 2008; 52 (4): 315-321.
58. Ortega FB, **Ruiz JR**, Castillo MJ, Moreno LA, Urzanqui A, Gonzalez-Gross M, Sjöström M, Gutierrez A, and AVENA study group. Health-related physical fitness according to chronological and biological age in adolescents. The AVENA study. **J Sports Med Phys Fitness** 2008; 48:371-379.

59. Ortega FB, **Ruiz JR**, Labayen I, Redondo C, Breidenassel C, Gómez S, Moreno LA, Castillo MJ; The Avena Study Group. High fitness is associated with a healthier programming of body composition at adolescence. **Am J Hum Biol**. 2008; 20(6): 732-734.
60. Hagströmer M, Bergman P, De Bourdeaudhuij I, Ortega FB, **Ruiz JR**, Manios Y, Rey-Lopez P, Phillip K, von Berlepsch J, Sjöström M, On behalf of the HELENA Study Group. Concurrent validity of a modified version of the International Physical Activity Questionnaire (IPAQ-A) in European adolescents ó The HELENA study. **Int J Obes (Lond)** 2008; 32 Suppl 5: S42-48.
61. Ortega FB, Artero EG, **Ruiz JR**, Vicente-Rodriguez G, Bergman P, Hagströmer M, Ottevaere C, Nagy E, Konsta O, Rey P, Polito A, Dietrich S, Plada M, Beghin L, Manios Y, Sjöström, Castillo MJ. Reliability of health-related physical fitness tests in European adolescents. The HELENA study. **Int J Obes (Lond)**. 2008; 32 Suppl 5: S49-57.
62. **Ruiz JR**, Labayen I, Ortega FB, Moreno LA, González-Lamuño D, Martí A, Nova E, García-Fuentes M, Redondo-Figuero C, Martínez A, Sjöström M, Castillo MJ, and the AVENA Study Group* Birth weight and blood lipid levels in Spanish adolescents: Influence of selected APOE, APOC3 and PPAR 2 gene polymorphisms. The AVENA Study. **BMC Med Genet** 2008; 10; 9(1): 98.
63. Ortega FB, Labayen I, **Ruiz JR**, Martin-Matillas M, Vicente-Rodríguez G, Redondo C, Wärnberg J, Gutiérrez A, Sjöström M, Castillo MJ, Moreno LA; AVENA Study Group. Are muscular and cardiovascular fitness partially programmed at birth? Role of body composition. **J Pediatr** 2009; 154(1): 61-66.e1.
64. Barakat R, **Ruiz JR**, Lucia A. Exercise during pregnancy and risk of maternal anaemia: a randomised controlled trial. **Br J Sports Med**. 2009 Dec;43(12):954-6.
65. **Ruiz JR**, Castro-Piñero J, Artero EG, Ortega FB, Sjöström M, Suni J, Castillo MJ. Predictive Validity of Health-Related Fitness in Youth: A Systematic Review. **Br J Sports Med**. 2009 Dec;43(12):909-23.
66. Tresaco B, Moreno LA, **Ruiz JR**, Ortega FB, Bueno G, González-Gross M, Wärnberg J, Gutiérrez A, García-Fuentes M, Marcos A, Castillo MJ, Bueno M; the AVENA Study Group. Truncal and Abdominal Fat as Determinants of High Triglycerides and Low HDL-cholesterol in Adolescents. **Obesity (Silver Spring)** 2009 Jan 29. [Epub ahead of print]
67. Castro-Pinero J, Mora J, Gonzalez-Montesinos JL, Sjöström M, **Ruiz JR**. Criterion-related validity of the one-mile run/walk test in children aged 8-17 years. **J Sports Sci** 2009 Feb 15;27(4):405-13.
68. Espana Romero V, **Ruiz JR**, Ortega FB, Artero EG, Vicente-Rodriguez G, Moreno LA, Castillo MJ, Gutierrez A. Body fat measurement in elite sport climbers: Comparison of skinfold thickness equations with dual energy X-ray absorptiometry. **J Sports Sci** 2009; 27(5): 469-77.
69. **Ruiz JR**, Gómez-Gallego F, Santiago C, Gonzalez-Freire M, Verde Z, Foster C, Lucia A. Is there an optimum endurance polygenic profile? **J Physiol** 2009; 1; 587(Pt 7):1527-34.
70. Verde Z, Santiago C, Valle B, Fernández-Santander A, Bandrés F, Calvo E, **Ruiz JR**, Lucia A, Gallego FG. Pharmacogenetics of acenocoumarol: CYP2C9 *2 and VKORC1 c.-1639G>A, 497C>G, 1173C>T, and 3730G>A variants influence drug dose in anticoagulated patients. **Thromb Haemost** 2009; 101(3): 591-3.

71. Castro-Piñero J, Ortega FB, Mora J, Sjöström M, **Ruiz JR**. Criterion related validity of 1/2 mile run-walk test for estimating VO₂peak in children aged 6-17 years. **Int J Sports Med** 2009; 30(5): 366-7.
72. Juffer P, Furrer R, González-Freire M, Santiago C, Verde Z, Serratosa L, Morate FJ, Rubio JC, Martín MA, **Ruiz JR**, Arenas J, Gómez-Gallego F, Lucia A. Genotype distributions in top-level soccer players: a role for ACE? **Int J Sports Med** 2009; 30(5): 387-92.
73. Castro-Piñero J, Artero EG, España-Romero V, Ortega FB, Sjöström M, Suni J, **Ruiz JR**. Criterion-related validity of field-based fitness tests in youth: A systematic review. **Br J Sports Med** 2009 Apr 12. [Epub ahead of print]
74. **Ruiz JR**, Sui X, Lobelo F, Lee DC, Morrow JR Jr, Jackson AW, Hébert JR, Matthews CE, Sjöström M, Blair SN. Muscular Strength and Adiposity as Predictors of Adulthood Cancer Mortality in Men. **Cancer Epidemiol Biomarkers Prev** 2009; 18(5): 1468-76.
75. Santiago C, **Ruiz JR**, Muniesa CA, González-Freire M, Gómez-Gallego F, Lucia A. Does the polygenic profile determine the potential for becoming a world-class athlete? Insights from the sport of rowing. **Scand J Med Sci Sports** 2009 Apr 20. [Epub ahead of print]
76. Lobelo F, Pate RR, Dowda M, Liese AD, **Ruiz JR**. Validity of Cardiorespiratory Fitness Criterion-Referenced Standards for Adolescents. **Med Sci Sports Exerc.** 2009 Jun;41(6):1222-1229.
77. Serra Rexach JA, **Ruiz JR**, Bustamante-Ara N, Hierro Villaran M, Gonzalez Gil P, Sanz Ibanez MJ, Blanco Sanz N, Ortega Santamaria V, Gutierrez Sanz N, Marin Prada AB, Gallardo C, Rodriguez Romo G, Lucia A. Health Enhancing Strength Training in Nonagenarians (STRONG): rationale, design and methods. **BMC Public Health.** 2009 May 26;9(1):152. [Epub ahead of print]
78. Pérez M, **Ruiz JR**, Valle MF, Nogales-Gadea G, Andreu AL, Arenas J, Lucía A. The second wind phenomenon in very young McArdle's patients. **Neuromuscul Disord.** 2009 Jun;19(6):403-5.
79. Labayen I, Ortega FB, Sjöström M, Nilsson TK, Olsson LA, **Ruiz JR**. Association of common variants of UCP2 gene with low grade-inflammation in Swedish children and adolescents; the European Youth Heart Study. **Pediatr Res.** 2009 Jun 10. [Epub ahead of print]
80. Chillón P, Ortega FB, **Ruiz JR**, Pérez IJ, Martín-Matillas M, Valtueña J, Gómez-Martínez S, Redondo C, Rey-López JP, Castillo MJ, Tercedor P, Delgado M; AVENA Study Group. Socio-economic factors and active commuting to school in urban Spanish adolescents: the AVENA study. **Eur J Public Health.** 2009 Jun 17. [Epub ahead of print]
81. Lucia A, **Ruiz JR**. Exercise is beneficial for patients with Alzheimer's disease: A call to action. **Br J Sports Med.** 2009 Jun 23. [Epub ahead of print]
82. Santiago C, **Ruiz JR**, Buxens A, Artieda M, Arteta D, Gonzalez-Freire M, Rodríguez-Romo G, Altmäe S, Lao JI, Gómez-Gallego F, Lucia A. Trp64Arg polymorphism in ADRB3 gene is associated with elite endurance performance. **Br J Sports Med.** 2009 Jun 23. [Epub ahead of print]
83. Artero EG, España-Romero V, Ortega FB, Jiménez-Pavón D, **Ruiz JR**, Vicente-Rodríguez G, Bueno M, Marcos A, Gómez-Martínez S, Urzanqui A, González-Gross M, Moreno LA, Gutiérrez A, Castillo MJ. Health-related fitness in adolescents: underweight, and not only

- overweight, as an influencing factor. The AVENA study. **Scand J Med Sci Sports**. 2009 Jun 23. [Epub ahead of print]
84. Castro-Piñero J, Chillón P, Ortega FB, Montesinos JL, Sjöström M, **Ruiz JR**. Criterion-related validity of sit-and-reach and modified sit-and-reach test for estimating hamstring flexibility in children and adolescents aged 6-17 years. **Int J Sports Med**. 2009 Sep;30(9):658-62
 85. Labayen I, Ortega FB, Sjöström M, **Ruiz JR**. Early Life Origins of Low-Grade Inflammation and Atherosclerosis Risk in Children and Adolescents. **J Pediatr**. 2009 Jul 10. [Epub ahead of print]
 86. Moliner-Urdiales D, **Ruiz JR**, Ortega FB, Rey-Lopez JP, Vicente-Rodriguez G, España-Romero V, Munguía-Izquierdo D, Castillo MJ, Sjöström M, Moreno LA. Association of objectively assessed physical activity with total and central body fat in Spanish adolescents; The HELENA Study. **Int J Obes (Lond)**. 2009 Jul 14. [Epub ahead of print]
 87. Barakat R, **Ruiz JR**, Stirling JR, Zakynthinaki M, Lucia A. Type of delivery is not affected by light resistance and toning exercise training during pregnancy: a randomized controlled trial. **Am J Obstet Gynecol**. 2009 Jul 14. [Epub ahead of print]
 88. **Ruiz JR**, Ortega FB. Physical Activity and Cardiovascular Disease Risk Factors in Children and Adolescents. **Current Cardiovascular Risk Reports** 2009; 3: 281-287.
 89. **Ruiz JR**, Silva G, Oliveira N, Ribeiro JC, Oliveira JF, Mota J. Criterion-related validity of the 20-m shuttle run test in youths aged 13-19 years. **J Sports Sci**. 2009 Jul;27(9):899-906.
 90. Barakat R, Lucia A, **Ruiz JR**. Resistance exercise training during pregnancy and newborn's birth size: a randomised controlled trial. **Int J Obes (Lond)**. 2009 Sep;33(9):1048-57.
 91. Labayen I, **Ruiz JR**, Vicente-Rodríguez G, Turck D, Rodríguez G, Meirhaeghe A, Molnár D, Sjöström M, Castillo MJ, Gottrand F, Moreno LA. Early life programming of abdominal adiposity in adolescents; The HELENA study. **Diabetes Care**. 2009 Nov;32(11):2120-2.
 92. Kwak L, PJ Kremers S, Bergman P, **Ruiz JR**, Rizzo NS, Sjöström M. Associations between Physical Activity, Fitness, and Academic Achievement. **J Pediatr**. 2009 Dec;155(6):914-918.e1.
 93. España-Romero V, Ortega Porcel FB, Artero EG, Jiménez-Pavón D, Gutiérrez Sainz A, Castillo Garzón MJ, **Ruiz JR**. Climbing time to exhaustion is a determinant of climbing performance in high-level sport climbers. **Eur J Appl Physiol**. 2009 Nov;107(5):517-25.
 94. Moliner-Urdiales D, **Ruiz JR**, Vicente-Rodriguez G, Ortega FB, Rey-Lopez JP, España-Romero V, Casajús JA, Molnar D, Widhalm K, Dallongeville J, González-Gross M, Castillo MJ, Sjöström M, Moreno LA. Associations of muscular and cardiorespiratory fitness with total and central body fat in adolescents; The HELENA Study. **Br J Sports Med**. 2009 Aug 19. [Epub ahead of print]
 95. Ortega FB, Artero EG, **Ruiz JR**, España-Romero V, Jiménez-Pavón D, Vicente-Rodríguez G, Moreno LA, Manios Y, Beghin L, Ottevaere C, Ciarapica D, Sarri K, Dietrich S, Blair SN, Kersting M, Molnar D, González-Gross M, Gutiérrez A, Sjöström M, Castillo MJ. Physical fitness levels among European adolescents: The HELENA study. **Br J Sports Med**. 2009 Aug 20. [Epub ahead of print]

96. Gómez-Gallego F, **Ruiz JR**, Buxens A, Artieda M, Arteta D, Santiago C, Rodríguez-Romo G, Lao JI, Lucia A. The -786 T/C polymorphism of the NOS3 gene is associated with elite performance in power sports. **Eur J Appl Physiol**. 2009 Nov;107(5):565-9.
97. Barakat R, **Ruiz JR**, Rodríguez-Romo G, Montejo Rodríguez R, Lucia A. Does exercise training during pregnancy influence fetal cardiovascular responses to an exercise stimulus? Insights from a randomised controlled trial. **Br J Sports Med**. 2009 Sep 14. [Epub ahead of print]
98. Santiago C, Rodríguez-Romo G, Gómez-Gallego F, González-Freire M, Yvert T, Verde Z, Naclerio F, Altmäe S, Esteve-Lanao J, **Ruiz JR**, Lucia A. Is there an association between ACTN3 R577X polymorphism and muscle power phenotypes in young, non-athletic adults? **Scand J Med Sci Sports**. 2009 Oct 5. [Epub ahead of print]
99. Castro-Piñero J, González-Montesinos JL, Mora J, Keating XD, Girela-Rejón MJ, Sjöström M, **Ruiz JR**. Percentile Values for Muscular Strength Field Tests in Children Aged 6 to 17 Years: Influence of Weight Status. **J Strength Cond Res**. 2009 Nov;23(8):2295-310.
100. **Ruiz JR**, Buxens A, Artieda M, Arteta D, Santiago C, Rodríguez-Romo G, Lao JI, Gómez-Gallego F, Lucia A. The -174 G/C polymorphism of the IL6 gene is associated with elite power performance. **J Sci Med Sport**. 2009 Oct 21. [Epub ahead of print]
101. Bokor S, Legry V, Meirhaeghe A, **Ruiz JR**, Mauro B, Widhalm K, Manios Y, Amouyel P, Moreno LA, Molnár D, Dallongeville J; on behalf of the HELENA Study group. Single-nucleotide Polymorphism of CD36 Locus and Obesity in European Adolescents. **Obesity** (Silver Spring). 2009 Nov 5. [Epub ahead of print]
102. **Ruiz JR**, Barakat R, Lucia A. Re: "Associations of Gestational Weight Gain With Short- and Longer-Term Maternal and Child Health Outcomes" **Am J Epidemiol**. 2009 Dec 15;170(12):1581.
103. Chamorro-Viña C, **Ruiz JR**, Santana-Sosa E, González Vicent M, Madero L, Pérez M, Fleck SJ, Pérez A, Ramírez M, Lucia A. Exercise during Hematopoietic Stem Cell Transplant Hospitalization in Children. **Med Sci Sports Exerc**. 2009 Dec 9. [Epub ahead of print]
104. Moleres A, Rendo-Urteaga T, Azcona C, Martínez JA, Gómez-Martínez S, **Ruiz JR**, Moreno LA, Marcos A, Martí A; AVENA group. Il6 gene promoter polymorphism (-174G/C) influences the association between fat mass and cardiovascular risk factors. **J Physiol Biochem**. 2009 Dec;65(4):405-13.
105. Gomez-Gallego F, Santiago C, González-Freire M, Yvert T, Muniesa CA, Serratos L, Altmäe S, **Ruiz JR**, Lucia A. The C allele of the AGT Met235Thr polymorphism is associated with power sports performance. **Appl Physiol Nutr Metab**. 2009 Dec;34(6):1108-11.
106. Ortega FB, **Ruiz JR**, Castillo R, Chillón P, Labayen I, Martínez-Gómez D, Redondo C, Marcos A, Moreno LA; on behalf of the AVENA study group*. Sleep duration and cognitive performance in adolescence. The AVENA study. **Acta Paediatr**. 2010 Mar;99(3):454-6.
107. Labayen I, Olsson LA, Ortega FB, Nilsson TK, Sjöström M, Lucia A, **Ruiz JR**. Cardiorespiratory fitness modifies the association between the UCP3-55C>T (rs1800849) polymorphism and plasma homocysteine in Swedish youth. **Atherosclerosis**. 2010 May;210(1):183-7.

108. Ortega FB, **Ruiz JR**, Hurtig-Wennlöf A, Vicente-Rodríguez G, Rizzo NS, Castillo MJ, Sjöström M. Cardiovascular fitness modifies the associations between physical activity and abdominal adiposity in children and adolescents: the European Youth Heart Study. **Br J Sports Med.** 2010 Mar;44(4):256-62. Epub 2008 May 7
109. España-Romero V, Ortega FB, Vicente-Rodríguez G, Artero EG, Rey JP, **Ruiz JR**. Elbow position affects handgrip strength in adolescents: validity and reliability of Jamar, DynEx, and TKK dynamometers. **J Strength Cond Res.** 2010 Jan;24(1):272-7.
110. **Ruiz JR**, Arteta D, Buxens A, Artieda M, Gómez-Gallego F, Santiago C, Yvert T, Morán M, Lucia A. Can we identify a power-oriented polygenic profile? **J Appl Physiol.** 2010 Mar;108(3):561-6.
111. Labayen I, **Ruiz JR**, Ortega FB, Loit HM, Harro J, Veidebaum T, Sjöström M. Intergenerational cardiovascular disease risk factors involves both maternal and paternal body mass index. **Diabetes Care.** 2010 Apr;33(4):894-900.
112. He ZH, Hu Y, Wang HY, Li YC, Lu YL, Zhang L, Bao BP, **Ruiz JR**, Lucia A. Are calcineurin genes associated with endurance phenotype traits? **Eur J Appl Physiol.** 2010 Jan 28. [Epub ahead of print]
113. Ortega FB, Lee DC, Sui X, **Ruiz JR**, Cheng YJ, Church TJ, Miller CC, Blair SN. Cardiorespiratory fitness, adiposity, and incident asthma in adults. **J Allergy Clin Immunol.** 2010 Jan;125(1):271-273.e5
114. Bustamante-Ara N, Santiago C, Verde Z, Yvert T, Gómez-Gallego F, Rodríguez-Romo G, González-Gil P, Serra-Rexach JA, **Ruiz JR**, Lucia A. ACE and ACTN3 Genes and Muscle Phenotypes in Nonagenarians. **Int J Sports Med.** 2010 Apr;31(4):221-4.
115. Fernández-Santander A, Luna F, Santiago C, Rodríguez MT, Bandrés F, **Ruiz JR**, Lucia A, Gómez-Gallego F. CYP2D6 polymorphism screening in a selected population of Spain (La Alpujarra): no effect of geographical isolation. **Ann Hum Biol.** 2010 Apr;37(2):267-73.
116. **Ruiz JR**, Castillo R, Labayen I, Moreno LA, Fuentes MG, Lamuño DG, Alvarez Granda JL, Lucia A, Ortega FB; on behalf of the AVENA Study Group. Individual and Combined Effects of ApoE and MTHFR 677C/T Polymorphisms on Cognitive Performance in Spanish Adolescents: The AVENA Study. **J Pediatr.** 2010 Mar 9. [Epub ahead of print]
117. **Ruiz JR**, Fleck SJ, Vingren JL, Ramírez M, Madero L, Fragala MS, Kraemer W, Lucia A. Preliminary Findings of a 4-Month Intrahospital Exercise Training Intervention on IGFs and IGFbps in Children with Leukemia. **J Strength Cond Res.** 2010 Mar 10. [Epub ahead of print]
118. Gomez-Gallego F, **Ruiz JR**, Buxens A, Altmae S, Artieda M, Santiago C, Gonzalez-Freire M, Verde Z, Arteta D, Martinez A, Tejedor D, Lao JI, Arenas J, Lucia A. Are elite-endurance athletes genetically predisposed to lower disease risk? **Physiol Genomics.** 2010 Mar 3;41(1):82-90.
119. Jiménez-Pavón D, Ortega FB, **Ruiz JR**, Chillón P, Castillo R, Artero EG, Martínez-Gómez D, Vicente-Rodríguez G, Rey-López JP, Gracia LA, Noriega MJ, Moreno LA, Gonzalez-Gross M. Influence of socioeconomic factors on fitness and fatness in Spanish adolescents: The AVENA study. **Int J Pediatr Obes.** 2010 Mar 17. [Epub ahead of print]
120. De Cocker K, Ottevaere C, Sjöström M, Moreno LA, Wärnberg J, Valtueña J, Manios Y, Dietrich S, Mauro B, Artero EG, Molnár D, Hagströmer M, **Ruiz JR**, Sarri K, Kafatos A,

- Gottrand F, De Henauw S, Maes L, De Bourdeaudhuij I. Self-reported physical activity in European adolescents: results from the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. **Public Health Nutr.** 2010 Mar 18:1-9.
121. Del Valle MF, Pérez M, Santana-Sosa E, Fiuza-Luces C, Bustamante-Ara N, Gallardo C, Villaseñor A, Graell M, Morandé G, Romo GR, López-Mojares LM, **Ruiz JR**, Lucía A. Does Resistance Training Improve the Functional Capacity and Well Being of Very Young Anorexic Patients? A Randomized Controlled Trial. **J Adolesc Health.** 2010 Apr;46(4):352-358. Epub 2009 Nov 17.
 122. Lucia A, Morán M, Zihong H, **Ruiz JR**. Elite athletes: are the genes the champions? **Int J Sports Physiol Perform.** 2010 Mar;5(1):98-102.
 123. Rey-López JP, Vicente-Rodríguez G, B Ortega F, **Ruiz JR**, Martínez-Gómez D, De Henauw S, Manios Y, Molnar D, Polito A, Verloigne M, Castillo MJ, Sjöström M, De Bourdeaudhuij I, Moreno LA; on behalf of the HELENA Study Group. Sedentary patterns and media availability in European adolescents: The HELENA study. **Prev Med.** 2010 Mar 29. [Epub ahead of print]
 124. **Ruiz JR**, Labayen I, Ortega FB, Legry V, Moreno LA, Dallongeville J, Martínez-Gómez D, Bokor S, Manios Y, Ciarapica D, Gottrand F, De Henauw S, Molnár D, Sjöström M, Meirhaeghe A; HELENA Study Group. Attenuation of the effect of the FTO rs9939609 polymorphism on total and central body fat by physical activity in adolescents: the HELENA study. **Arch Pediatr Adolesc Med.** 2010 Apr;164(4):328-33.
 125. Moliner-Urdiales D, Ortega FB, Vicente-Rodríguez G, Rey-Lopez JP, Gracia-Marco L, Widhalm K, Sjöström M, Moreno LA, Castillo MJ, **Ruiz JR**. Association of physical activity with muscular strength and fat-free mass in adolescents: the HELENA study. **Eur J Appl Physiol.** 2010 Apr 7. [Epub ahead of print]
 126. Chillón P, Castro-Pinero J, **Ruiz JR**, Soto VM, Carbonell-Baeza A, Dafos J, Vicente-Rodríguez G, Castillo MJ, Ortega FB. Hip flexibility is the main determinant of the back-saver sit-and-reach test in adolescents. **J Sports Sci.** 2010 Apr 15:1-8.
 127. Wolin KY, **Ruiz JR**, Tuchman H, Lucia A. Exercise in adult and pediatric hematological cancer survivors: an intervention review. **Leukemia.** 2010 Jun;24(6):1113-1120.
 128. De Bourdeaudhuij I, Maes L, De Henauw S, De Vriendt T, Moreno LA, Kersting M, Sarri K, Manios Y, Widhalm K, Sjöström M, **Ruiz JR**, Haerens L; HELENA Study Group. Evaluation of a computer-tailored physical activity intervention in adolescents in six European countries: the Activ-O-Meter in the HELENA intervention study. **J Adolesc Health.** 2010 May;46(5):458-66.
 129. España-Romero V, Artero EG, Jimenez-Pavón D, Cuenca-García M, Ortega FB, Castro-Piñero J, Sjöström M, Castillo-Garzon MJ, **Ruiz JR**. Assessing Health-Related Fitness Tests in the School Setting: Reliability, Feasibility and Safety; The ALPHA Study. **Int J Sports Med.** 2010 Apr 29. [Epub ahead of print]
 130. Molinero O, Castro-Piñero J, **Ruiz JR**, González Montesinos JL, Mora J, Márquez S. [Health behaviour of school children at the province of Cádiz.] **Nutr Hosp.** 2010 Mar-Apr;25(2):280-9.
 131. Jiménez Pavón D, Ortega FB, **Ruiz JR**, España Romero V, García Artero E, Moliner Urdiales D, Gómez Martínez S, Vicente Rodríguez G, Manios Y, Béghin L, Répasy J, Sjöström M, Moreno LA, González Gross M, Castillo MJ; HELENA Study group. Socioeconomic

status influences physical fitness in European adolescents independently of body fat and physical activity: the HELENA Study. **Nutr Hosp**. 2010 Apr;25(2):311-316.

132. Moliner-Urdiales D, **Ruiz JR**, Ortega FB, Jiménez-Pavón D, Vicente-Rodriguez G, Rey-López JP, Martínez-Gómez D, Casajús JA, Mesana MI, Marcos A, Noriega-Borge MJ, Sjöström M, Castillo MJ, Moreno LA; On behalf of the AVENA and HELENA Study Groups. Secular trends in health-related physical fitness in Spanish adolescents: The AVENA and HELENA Studies. **J Sci Med Sport**. 2010 May 6. [Epub ahead of print]
133. Buxens A, **Ruiz JR**, Arteta D, Artieda M, Santiago C, González-Freire M, Martínez A, Tejedor D, Lao JI, Gómez-Gallego F, Lucia A. Can we predict top-level sports performance in power vs endurance events? A genetic approach. **Scand J Med Sci Sports**. 2010 Mar 10. [Epub ahead of print]
134. Altmäe S, Stavreus-Evers A, **Ruiz JR**, Laanpere M, Syvänen T, Yngve A, Salumets A, Nilsson TK. Variations in folate pathway genes are associated with unexplained female infertility. **Fertil Steril**. 2010 Jun;94(1):130-7.
135. **Ruiz JR**, Larrarte E, Margareto J, Ares R, Labayen I. Role of beta(2)-Adrenergic Receptor Polymorphisms on Body Weight and Body Composition Response to Energy Restriction in Obese Women: Preliminary Results. **Obesity (Silver Spring)**. 2010 Jun 3. [Epub ahead of print]
136. Castro-Piñero J, González-Montesinos JL, Keating XD, Mora J, Sjöström M, **Ruiz JR**. Percentile values for running sprint field tests in children ages 6-17 years: influence of weight status. **Res Q Exerc Sport**. 2010 Jun;81(2):143-51.
137. Carbonell-Baeza A, Aparicio VA, Ortega FB, Cuevas AM, Alvarez IC, **Ruiz JR**, Delgado-Fernandez M. Does a 3-month multidisciplinary intervention improve pain, body composition and physical fitness in women with fibromyalgia? **Br J Sports Med**. 2010 Jun 11. [Epub ahead of print]
138. Castro-Piñero J, Ortega FB, Artero EG, Girela-Rejón MJ, Mora J, Sjöström M, **Ruiz JR**. Assessing muscular strength in youth: usefulness of standing long jump as a general index of muscular fitness. **J Strength Cond Res**. 2010 Jun 16. [Epub ahead of print]
139. Ortega FB, Chillón P, **Ruiz JR**, Delgado M, Albers U, Alvarez-Granda JL, Marcos A, Moreno LA, Castillo MJ. Sleep patterns in Spanish adolescents: associations with TV watching and leisure-time physical activity. **Eur J Appl Physiol**. 2010 Jun 17. [Epub ahead of print]
140. Castro-Piñero J, Mora J, González-Montesinos JL, Ortega FB, Keating XD, Sjöström M, **Ruiz JR**. Percentile values for cardiorespiratory fitness running/walking field tests in children aged 6 to 17 years. **Nutr Hosp**, *In press*
141. Rizzo NS, **Ruiz JR**, Hurtig-Wennlöf, Kwak L, Sjöström M. Socioeconomic Status and its Association with Objectively Measured total Physical Activity and Body Fat in Children. The European Youth Heart Study. **Int J Body Comp Res**, *in press*
142. González-Freire M, Rodríguez-Romo G, Santiago C, Bustamante-Ara N, Yvert T, Gómez-Gallego F, Serra Rexach JA, **Ruiz JR**, Lucia A. Does the K153R polymorphism in myostatin gene influence sarcopenia at the end of the human lifespan? **AGE**, *in press*
143. Carbonell A, Aparicio VA, Pereira CM, Gatto CM, Ortega FB, Huertas FJ, Tercedor P, **Ruiz JR**, Delgado M. Efficacy of Biodanza intervention in the treatment of women with fibromyalgia. **J Altern Complement Med**, *In press*

144. **Ruiz JR**, Fernández del Valle M, Diez-Vega I, Santiago C, Yvert T, Rodriguez-Romo G, Gómez-Gallego F, Molina JJ, Lucia A. ACTN3 R577X polymorphism does not influence explosive leg muscle power in elite volleyball players. **Scand J Med Sci Sports**, *In press*
145. Boullosa DA, Nakamura FY, **Ruiz JR**. Polarized training: Genetic limitations? **Int J Sports Physiol Perform**. [letter] *In press*.
146. Gracia-Marco L, Vicente-Rodríguez G, Valtueña J, Rey-López JP, Díaz Martínez E, Mesana MI, Widhalm K, **Ruiz JR**, González-Gross M, Castillo MJ, Moreno LA. Bone mass and bone metabolism markers during adolescence; The HELENA study. **Horm Res Paediatr**, *In press*.
147. Martínez-Gomez D, **Ruiz JR**, Ortega FB, Veiga OL, Moliner-Urdiales D, Mauro B, Galfó M, Manios Y, Widhalm K, Béghin L, Moreno LA, Molnar D, Marcos A, Sjöström M; on behalf of the HELENA study group. Recommended levels of physical activity to avoid excess of body fat in European adolescents. The HELENA Study. **Am J Prev Med**, *In press*
148. Vicente-Rodriguez G, **Ruiz JR**, Moreno LM, Heredia JM, Bergman P, Gutiérrez A, Ortega FB. Inter-rater Reliability and Time Measurement Validity of Speed-Agility Field Tests in Adolescents. **J Strength Cond Res**, *In press*
149. Verde Z, **Ruiz JR**, Santiago C, Valle B, Bandrés F, Calvo E, Lucia A, Gómez-Gallego F. A novel, single algorithm approach to predict acenocoumarol dose based on CYP2C9 and VKORC1 variants. **Plos One**, *In press*
150. **Ruiz JR**, Ortega FB, Castillo R, Martín-Matillas M, Kwak L, Vicente-Rodriguez G, Noriega J, Tercedor P, Moreno LA on behalf of the AVENA Study Group Physical Activity, Fitness, Weight Status and Cognitive Performance in Adolescents; The AVENA Study. **J Pediatr**, *In press*
151. Martínez-Gomez D, **Ruiz JR**, Ortega FB, Casajus Ja, Veiga OL, Widhalm K, Manios Y, Béghin L, González-Gross M, Kafatos A, España-Romero V, Molnar D, Moreno LA, Marcos A, Castillo MJ, Sjöström M, on behalf of the HELENA study group. Recommended levels and intensities of physical activity to avoid low cardiorespiratory fitness in European adolescents. The HELENA study. **Am J Hum Biol**, *In press*
152. Bokor S, Meirhaeghe A, **Ruiz JR**, Zaccaria M, Widhalm K, Gonzalez-Gross M, Moreno LA, Molnar D, Dallongeville J, on behalf of the HELENA Study group Common polymorphisms in 6 genes of methyl group metabolism pathway and obesity in European adolescents. **Int J Pediatr Obes**, *in press*.
153. España-Romero V, Ortega FB, **Ruiz JR**, Artero EG, Martínez-Gomez D, Vicente-Rodríguez G, Moliner-Urdiales D, Gracia-Marco L, Ciarapica D, Widhalm K, Castillo MJ, Sjöström M, Moreno LA Role of cardiorespiratory fitness on the association between physical activity and abdominal adiposity in adolescents; The HELENA study. **Int J Sports Med**, *in press*.
154. Vale S, Santos R, Soares-Miranda LM, Maia C, **Ruiz JR**, Mota J. Objectively measured physical activity and body mass index in pre-schoolers. **Int J Pediatrics**, *in press*.
155. Ortega FB, Lee DC, Sui X, Kubzansky L, **Ruiz JR**, Baruth M, Castillo MJ, Blair SN. Psychological well-being, cardiorespiratory fitness and long-term survival. **Am J Prev Med**, *Submitted after revision*

156. Labayen I, **Ruiz JR**, Meirhaegue A, Ortega FB, Jiménez-Pavón D, Castillo MJ, De Henauw S, González-Gross M, Bueno G, Molnar D, Kafatos A, Esperanza L, Moreno LA. Association between the FTO rs9939609 polymorphism and leptin in European 2 adolescents: a possible link with energy balance control. The HELENA study. **Int J Obes**, *Submitted after revision*
157. Rae DE, Noakes TD, San Juan AF, Perez M, Nogales-Gadea G, **Ruiz JR**, Martin MA, Andreu AL, Arenas J, Lucia A. Excessive Skeletal Muscle Recruitment during Strenuous Exercise in McArdle Patients. **Eur J Appl Physiol**, *Submitted after revision*
158. Zi-Hong He ZH, Hu Y, Li YC, Bao DP, **Ruiz JR**, Lucia A. Polymorphisms in the calcineurin genes are associated with the training responsiveness of cardiac phenotypes in Chinese young adults. **Eur J Appl Physiol**, *Submitted after revision*
159. Moreira C, Santos R, **Ruiz JR**, Vale S, Soares-Miranda L, Marques AI, Mota J. Comparison of different VO₂max equations in the ability to discriminate the Metabolic Risk in Portuguese Adolescents. **J Sci Med Sport**, *Submitted after revision*
160. **Ruiz JR**, Morán M, Arenas J, Lucia A. Strenuous endurance exercise improves life expectancy: It's in our genes. **Br J Sports Med**, *Submitted after revision*
161. Chillón P, Ortega FB, **Ruiz JR**, Veidebaum T, Oja L, Mäestu J, Sjöström M. Active commuting to school in children and adolescents: an opportunity to increase physical activity and fitness. **Scand J Public Health**, *Submitted after revision*
162. Rey-López JP, **Ruiz JR**, Ortega FB, Sjöström M, Verloigne M, Gracia-Marco L, Vicente-Rodriguez G, De Bourdeaudhuij I, Gottrand F, Molnar D, Widhalm K, Zaccaria M, Cuenca M, Moreno LA, on behalf of HELENA Study Group. Reliability and validity of a sedentary questionnaire for adolescents: The HELENA cross-sectional study. **BMC Public Health**, *Submitted after revision*

Publications in national journals

163. Mesa JL, **Ruiz JR**, Castillo MJ, Gutiérrez A. Hacia un logismo del entrenamiento deportivo. **Lecturas EF Deportes. Revista digital** 2001; 38.
<http://www.efdeportes.com/efd38/entren.htm>
164. Mesa JLM, **Ruiz JR**, Hernández J, Mula FJ, Castillo MJ, Gutiérrez A. Creatina como ayuda ergogénica: efectos adversos. **Archivos de Medicina del Deporte** 2001; 86: 613-619.
165. **Ruiz JR**, Mula FJ, Mesa JL, Castillo MJ, Gutiérrez A. Mejora de la fuerza por supercompensación tras sobrecarga y descanso activo. **Revista de Entrenamiento Deportivo** 2002; 16(1): 5-12.
166. **Ruiz JR**, Mesa JL, Castillo MJ, Gutiérrez A. La fatiga de la musculatura antagonista implicada en el pedaleo mejora el rendimiento en ciclismo. **Revista de Entrenamiento Deportivo** 2002; 16(2): 5-8.
167. **Ruiz JR**, Mesa JLM, Mula FJ, Castillo MJ, Gutiérrez A. Hidratación y rendimiento: pautas para una elusión efectiva de la deshidratación por ejercicio. **Apunts, Educación Física y Deportes** 2003; 70: 26-33.
168. **Ruiz JR**, Cánovas J, Capitán LM, Imbroda J, Candel. Spiribol®: un giro al deporte. **Lecturas EF Deportes. Revista digital** 2003, Año 9, 64.
<http://www.efdeportes.com/efd64/spiribol.htm>

169. **Ruiz JR**, Gutiérrez A, Ortega F, Castillo MJ. El ejercicio físico como terapia antienvejecimiento. **Medicina Estética y Longevidad** 2003; 9: 22-23.
170. Ortega F, **Ruiz JR**, Gutiérrez A, Castillo MJ. Hiponatremia en esfuerzos de ultraresistencia: efectos sobre la salud y el rendimiento. Real Federación Española de Ciclismo, RFEC. http://www.rfec.com/rincon_medico/detalle.asp?id=578&idSesion=41153HxLm4tV6117K1CR5MICx11Y4q&idp=&back=
171. Ortega F, **Ruiz J**, Rodríguez G, Gutiérrez A, Castillo M. Physical fitness evaluation-interpretation software. **Int J Comp Sci Sport** 2003; 2: 160-2.
172. Albert F, Ortega F, **Ruiz J**, Castillo M, Gutiérrez A. Software for anthropometric assessment providing indexes of interest for health and sport. **Int J Comp Sci Sport** 2003;2:142-4.
173. Zabala M, **Ruiz JR**, Mesa JLM, Gutiérrez A. Adaptaciones fisiológica del entrenamiento en altitud. Experiencia del equipo nacional de mountain bike en el mundial de Colorado. **Revista de Entrenamiento Deportivo** 2004; 18(1): 13-22.
174. Ortega Porcel F, P Chillón Garzón, **Ruiz-Ruiz J**, M Delgado Fernández, LA Moreno Aznar, MJ Castillo Garzón, A Gutiérrez Sainz. Un Programa de Intervención Nutricional y Actividad Física de Seis Meses Produce Efectos Positivos Sobre la Composición Corporal de Adolescentes Escolarizados. **Rev Esp Pediat** 2004; 60: 293-290.
175. **Ruiz JR**, González-Gross M, Mesa JLM. Aspectos fisiológico-deportivos del futbolista de élite. **Selección, Revista Española e Iberoamericana de Medicina de la Educación Física y el Deporte** 2004; 13(3): 124-129.
176. Cerezo S, **Ruiz JR**, Ortega FB, Albert F, Sola R, Castillo MJ, Gutiérrez A. Efecto de la altitud sobre la deshidratación y el rendimiento físico tras un ejercicio prolongado en sujetos entrenados. **Selección, Revista Española e Iberoamericana de Medicina de la Educación Física y el Deporte** 2005; 14: 3-9.
177. Wörnberg J, **Ruiz JR**, Ortega FB, Romeo J, González-Gross M, Moreno LA, García-Fuentes M, Gómez S, Nova E, Díaz LE, Marcos A y grupo AVENA. Estudio AVENA* (Alimentación y valoración del estado nutricional en adolescentes). Resultados obtenidos 2003-2006. **Pediatría Integral** 2006; 1: S50-55.
178. Carreño Galvez F, Garcia Artero E, Ortega FB, **Ruiz JR**, Gutiérrez A. Factores que afectan a la economía de carrera (I). **Revista de Entrenamiento Deportivo** 2006; 1: 13-18.
179. Carreño Galvez F, Garcia Artero E, Ortega FB, **Ruiz JR**, Gutiérrez A. Factores que afectan a la economía de carrera (II). **Revista de Entrenamiento Deportivo** 2006; 2: 13-19.
180. España-Romero V, Ortega Porcerl FB, García Artero E, **Ruiz JR**, Gutiérrez Sáinz A. Performance, anthropometric and muscle strength characteristics in spanish elite rock climbers. **Selección, Revista Española e Iberoamericana de Medicina de la Educación Física y el Deporte** 2006; 15: 176-183.
181. García-Artero E, Ortega Porcel FB, **Ruiz Ruiz J**, Carreño Galvez F. Entrenamiento vibratorio. Base fisiológica y efectos funcionales. **Selección, Revista Española e Iberoamericana de Medicina de la Educación Física y el Deporte** 2006 15: 78-86.
182. Albert García FJ, Ortega Porcel FB, **Ruiz Ruiz J**, González Gross M, Gutierrez Sainz A, Castillo Garzon MJ. Efectos de la suplementación con β -hidroxi- β -metilbutarato sobre el daño muscular consecutivo a esfuerzo físico. **Selección, Revista Española e**

Iberoamericana de Medicina de la Educación Física y el Deporte (*in press*).

183. Gonzalez-Gross M, **Ruiz JR**. [The adolescents are facing the challenge of their healthy future]. **Selección, Revista Española e Iberoamericana de Medicina de la Educación Física y el Deporte** (Editorial) 2007; 16: 1.
184. Meusel D, **Ruiz JR**, Ortega FB, Hagströmer M, Bergman P, Sjöström M. Assessing Levels of Physical Activity in the European Population ó the ALPHA project. **Selección, Revista Española e Iberoamericana de Medicina de la Educación Física y el Deporte** 2007; 16: 9-12.
185. Meusel D, Kwak L, Hagströmer M, Bergman P, **Ruiz JR**, Ortega FB, Sjöström M and im Namen der ALPHA-Projektgruppe. ALPHA. Instruments for Assessing Levels of Physical Activity and Fitness Instruments for Assessing Levels of Physical Activity and Fitness. **Ernährung - Wissenschaft und Praxis** 2007; 1:360-365.
186. España-Romero V, Artero EG, Ortega FB, Jiménez-Pavón D, Gutiérrez A, Castillo MJ, **Ruiz JR**. Aspectos fisiológicos de la escalada deportiva. **Revista Internacional de Medicina y Ciencias de la Actividad Física y el Deporte** 2009; 9(35): 264-298.

Special publications

187. Sjöström M, Hagströmer M, **Ruiz JR**. Working Paper on Physical Activity and Health ó The EU Platform on Nutrition, Physical Activity and Health. **European Commission, 2008** http://ec.europa.eu/health/ph_determinants/life_style/nutrition/platform/docs/ev_20080917_wp_en.pdf (accessed Feb 13 2010)

Books (Thesis)

1. **Ruiz JR**. Fitness as a Health Determinant in Young People. Ed. University of Granada. Granada, Spain, 2007. ISBN: 978-84-690-4632-6.
2. **Ruiz JR**. Cardiorespiratory Fitness and Cardiovascular Disease Risk Factors in Children and Adolescents. Karolinska Institutet. Stockholm, Sweden, 2007. ISBN: 978-91-7357-158-6.

Invited speaker to National and International Conferences

1. I Congreso de la Sociedad Española de Medicina Antienvjecimiento y Longevidad, SEMAL. Clínica Planas, Barcelona, 29 y 30 de Noviembre de 2002.
2. Expocampus 2003. Universidad & e-learning. 12 y 13 de Junio de 2003. Madrid, España.
3. European society for paediatric gastroenterology, hepatology and nutrition (ESPGHAN). õMethodology in paediatric nutrition researchö. 5th ó12th July, 2003. University of Granada, Spain.
4. 27 World Congress of Internal Medicine. Granada, September 26th ó October 1st, 2004. Spain.
5. Jornadas internacionales sobre innovaciones en Ciencias del Deporte: õDetección de talentos, metodologías y protocoloö. 7 al 9 de Octubre, 2004, Málaga, España.

6. IDEFICS: Identification and prevention of Dietary- and lifestyle-induced health Effects In Children and infantS. Workshop on technologies for data collection. Bremen, Germany 2-3 September 2006.
7. 3rd Scientific Workshop of the Working party on information on lifestyle, specific and deprived populations groups within the Public Health Program of the European Commission, DG Sanco, Luxembourg. Health surveillance in children and adolescents. Karolinska Institutet, Sweden. 19 October 2006.
8. 1st workshop for the exchange of experiences in physical activity and sports promotion in children and adolescents. Magglingen, Switzerland. November 22-23, 2006.
9. International symposium of exercise and health in special populations. Zaragoza, Spain. October 23-24 2008.
10. Congresso Internacional Educação Física e Qualidade de Vida. Brasilia, Brasil, April 17th-21st 2009.
11. Physical activity and health education in European schools. Health Aware Physical activity Conference. Madrid, Spain. April 23-24 2009.
12. Assessment of physical fitness in diverse populations. Oulu, April 1-2 2009.
13. Annual Conference of the ISBNPA. Lisbon, Portugal. June 17-20 2009.
14. 19th International Congress of Nutrition (ICN 2009). Bangkok, Thailand, 4-9 October 2009.
15. ENRICH CONFERENCE "Healthy Weight". Committee of the Regions of the EU. Brussels, Belgium, November 17th 2009.
16. EuroPrevent 2010. European Association for Cardiovascular Prevention and Rehabilitation. May 5-7th 2010, Prague - Czech Republic.

Congress proceedings

1. Mingorance I, Mesa JL, **Ruiz JR**, Cano MD, Gutiérrez A. El fútbol no ejerce un efecto favorable sobre el perfil lipídico aterogénico. [Impaired lipid profile in footballers]. Proceedings of the **2nd Spanish Congress of Sports Sciences**, from 22nd to 25th November, Valencia, Spain, 2001, p 347.
2. **Ruiz JR**, Mesa JL, Gutiérrez A, Castillo MJ. La fatiga precompetitiva de los grupos musculares antagonistas empleados en el pedaleo mejora el tiempo límite en un test supramáximo. [The fatigue of antagonist muscles involved in cycling improves the cycling performance]. Proceedings of the **2nd Spanish Congress of Sports Sciences**, from 22nd to 25th November, Valencia, Spain, 2001, p 393.
3. Mingorance I, Mesa JLM, **Ruiz JR**, Gutiérrez A, González-Gross M, Castillo M. Strenuous intermittent high intensity exercise as a risk factor for coronary heart disease. Proceedings of the **2nd Congress of the European Federation of Sports Medicine**, from 14th to 17th November 2001, Oviedo, Spain. **Archivos de Medicina del Deporte** 2001; 85: 456.
4. Mesa JLM, **Ruiz JR**, Gutiérrez A, Chiroso LJ, Castillo MJ. Use of sauna to induce a rapid weight loss in young healthy athletes competing in weight class events. Proceedings of the **2nd Congress of the European Federation of Sports Medicine**, from 14th to 17th November 2001, Oviedo, Spain. **Archivos de Medicina del Deporte** 2001; 85: 422.

5. Castillo MJ, González-Gross M, Delgado M, **Ruiz JR**, Gutiérrez A. Three days fast in sportsmen decrease physical work capacity but not strength or perception-reaction time. **2nd Congress of the European Federation of Sports Medicine**, from 14th to 17th November 2001, Oviedo, Spain. **Archivos de Medicina del Deporte** 2001; 373: 422.
6. **Ruiz JR**, Mesa JLM, Castillo MJ, Gutiérrez A. Hand-size influences optimal grip-span in women but not in men. Proceedings of the **2nd Congress of the European Federation of Sports Medicine**, from 14th to 17th November 2001, Oviedo, Spain. **Archivos de Medicina del Deporte** 2001; 85: 509.
7. González-Gross M, **Ruiz-Ruiz J**, Moreno LA, Pérez-Prieto R, Garaulet M, Mesana MI, Gutiérrez A and the AVENA group. Body composition and physical performance of Spanish adolescents. The AVENA* pilot study. **Sixth International Symposium "In Vivo Body Compositio Studies"**. Tor Vegata (Italy), Villa Mondragone, University of Rome. From 3rd to 5th of October, 2002. (selected for publication as Short Paper in the proceedings supplement in Acta Diabetologica). **Acta Diabetologica** 2002; 39:151.
8. **Ruiz JR**, Mesa JLM, Gutiérrez A, Cano MD, Castillo M, el-Sayed MS. Highly physically stressing sports impair the plasma lipid profile. **50th Annual Meeting of the American College of Sports Medicine**, from 28th to 31st May, 2003, San Francisco, California (USA). Control Number: 1001-0065. **Medicine and Science in Sports and Exercise** 2003; 35(5): S317.
9. Mesa JLM, **Ruiz JR**, Gutierrez A, Gonzalez-Gross M, Moreno LA, Perez-Prieto R, Hernandez JJ, Castillo M, and the AVENA group. Does the present aerobic fitness in adolescents guarantee cardiovascular health? **50th Annual Meeting of the American College of Sports Medicine**, from 28th to 31st May, 2003, San Francisco, California (USA). Control Number: 0501-0088. **Medicine and Science in Sports and Exercise** 2003; 35(5): S179
10. Gutiérrez A, Mesa JLM, **Ruiz JR**, Castillo MJ, el-Sayed MS. Using properly relative risk and odds ratio. **50th Annual Meeting of the American College of Sports Medicine**, from 28th to 31st May, 2003, San Francisco, California (USA). Control Number: 0105-0010. **Medicine and Science in Sports and Exercise** 2003; 35(5): S223
13. **Ruiz JR**, M Martín, S Medina, L A. Moreno, R Perez Prieto, MD García-Prieto, P Tercedor and the AVENA group. Physical activity and body composition of spanish adolescents. the AVENA study. **9th European Nutrition Conference - Rome, Palazzo** 1st - 4th, 2003. **Annals of Nutrition and Metabolism** 2003; 47: 498.
14. Ortega F, **JR Ruiz**, A Gutiérrez, MJ Castillo, LA Moreno. Anthropometric evaluation-interpretation software for children, adolescents and adults. **9th European Nutrition Conference - Rome, October** 1st - 4th, 2003. **Annals of Nutrition and Metabolism** 2003; 47: 508.
15. Mesa JL, **JR Ruiz**, MD Cano, M González-Gross, S Medina³, LA Moreno, P de Rufino-Rivas, R García-Conesa, MJ Castillo, and the AVENA group. Simple physical assessment for lipid disturbances screening in adolescents: the avena study. **9th European Nutrition Conference - Rome, October** 1st - 4th, 2003. **Annals of Nutrition and Metabolism** 2003; 47: 393.
16. Tercedor P, M Gonzalez-Gross, M Delgado, P Chillón, I Pérez, **JR Ruiz**, A Montero, LA Moreno, P de Rufino-Rivas, C Torralba, and the Avena Group España. Motives and frequency of physical activity practice in Spanish adolescents. The AVENA study. **9th European Nutrition Conference - Rome, October** 1st - 4th, 2003. **Annals of Nutrition and Metabolism** 2003; 47: 499.

17. Castillo MJ, Cano MD, **Ruiz JR**, Arellano F. Lipid profile of cardiovascular risk in adolescents. **9th European Nutrition Conference** - Rome, October 1st - 4th, 2003. **Annals of Nutrition and Metabolism** 2003; 47: 344.
18. Ortega F, **Ruiz JR**, Rodríguez G, Gutiérrez A, Castillo M. Physical fitness evaluation-interpretation software. **Meeting of Complex Systems of Sport & 4th International of Computer Science of Sport**. 14th -17th May, 2003. Barcelona (Spain). **International Journal of Computer Science in Sport**.
19. Albert F, Ortega F, **Ruiz JR**, Gutiérrez A, Castillo M. Software for anthropometric assessment providing indexes of interest for health and sport. **Meeting of Complex Systems of Sport & 4th International of Computer Science of Sport**. 14th -17th May, 2003. Barcelona (Spain). **International Journal of Computer Science in Sport**.
20. Wärnberg J, Medina S, González-Gross M, Díaz LE, Moreno LA, **Ruiz JR**, Gonzalez-Lamuno D, Pérez de Heredia F, Marcos A and the AVENA group. Inflammatory protein concentration distribution in adolescents. The AVENA study. **IX Congreso de la Sociedad Española de Nutrición**. Tenerife, 26 a 29 de Noviembre de 2003. **Nutrition** 2003; 19:1047.
21. Castillo M, Cano MD, **Ruiz JR**, Arellano F, and the AVENA group. **IX Congreso de la Sociedad Española de Nutrición**. Tenerife, 26 a 29 de Noviembre de 2003. Lipid profile in Spanish adolescents. **Nutrition** 2003; 19:1032-1033.
22. Medina S, J Wärnberg, LA Moreno, **Ruiz JR**, D González-Lamuño, F Pérez de Heredia, M Gonzalez-Gross, A Marcos y grupo AVENA. Relación entre niveles serológicos de proteínas inflamatorias y la grasa corporal en adolescentes españoles. Estudio AVENA. **VI Congreso Nacional de la SEEDO**, Cádiz 5, 6 y 7 de Noviembre de 2003. **Revista Española de Obesidad** 2003; Vol. I Núm. 2: 25-26
23. Wärnberg J, Medina S, Moreno LA, Gonzalez-Gross M, **Ruiz J**, Gonzalez-Lamuño D, Perez de Heredia F, Marcos A and the AVENA group. 13th European Congress on Obesity. Praga, 26-29 de mayo de 2004. Overweight and obesity in adolescents is associated with inflammation. The AVENA study. **International Journal of Obesity** 2004, 28, S64, S74.
24. **Ruiz JR**, F Ortega, J Warnberg, MI Mesana, LA Moreno, MJ López, M Garcia Fuentes, Castillo MJ and the AVENA Study group. Low density lipoprotein cholesterol particles size does not differ between normal-weight and overweight or obese adolescents. The AVENA Study*. **International Symposium. "Childhood obesity: From basic knowledge to effective prevention**. 14th workshop, European Obesity group. September, 23-25, 2004, Zaragoza, Spain. **International Journal of Obesity** 2004, 28, S121, S121.
25. Ortega F, **JR Ruiz**, A Gutiérrez, LA Moreno, B Tresaco, JA Martínez, D González-Lamuño, J Wärnberg, MJ Castillo, and the AVENA Study group. Is physical fitness a good predictor of cardiovascular disease risk factors in normal-weight and overweight or obese adolescents? The AVENA Study. **International Symposium. "Childhood obesity: From basic knowledge to effective prevention**. 14th workshop, European Obesity group. September, 23-25, 2004, Zaragoza, Spain. **International Journal of Obesity** (in press).
26. Lucas E, A Lázaro, F. Ortega, B. Tresaco, **J Ruiz**, LA Moreno, M. López-Fernández, M. García-Fuentes, J. Warnberg, E. Nova, M.J. Castillo, M. Bueno and the AVENA Study group. Relationship between body composition and lipid metabolism in Spanish

adolescents. The AVENA Study. **International Symposium. "Childhood obesity: From basic knowledge to effective prevention.** 14th workshop, European Obesity group. September, 23-25, 2004, Zaragoza, Spain. **International Journal of Obesity** (in press).

27. **Ruiz JR**, FJ Ortega, MJ Castillo, A Gutierrez, A Agil. La susceptibilidad a la peroxidación lipídica incrementa después de una carrera de mountain bike en ciclistas no entrenados. **Jornadas Internacionales de medicina del deporte.** Jornada nacional del grupo de especialistas de medicina de la educación física y el deporte. Zaragoza, España, 26 y 27 de Noviembre de 2004. **Archivos de Medicina del Deporte** 2004; 103: 403-404.
28. Ortega FB, **Ruiz JR**, Castillo MJ, Moreno LA, Gutiérrez A. Forma física como factor de riesgo cardiovascular: valores normativos de condición física de los adolescentes españoles. estudio avena. **Jornadas Internacionales de medicina del deporte.** Jornada nacional del grupo de especialistas de medicina de la educación física y el deporte. Zaragoza, España, 26 y 27 de Noviembre de 2004. **Archivos de Medicina del Deporte** 2004; 103: 436.
29. Wärnberg J, Romeo J, Martín M, Ortega FB, **Ruiz JR**, Martínez L, Moreno LA, Pérez de Heredia F, Amigo T, Marcos A y el grupo AVENA El consumo de fibra en adolescentes españoles está asociado con unos hábitos más saludables. estudio AVENA. **I Congreso de la Federación Española de Sociedades de Nutrición, Alimentación y Dietética.** Madrid, 9-11 Marzo 2005.
30. Breidenassel C, González-Gross M, **Ruiz J**, Boecker C, Wärnberg J, González-Lamuño D, Stehle P, Moreno L. Influence of birth weight on overweight and obesity in adolescents ó the AVENA study. **15th Workshop of the European Childhood Obesity Group (ECOG)**, Viena, September 29th until October 2nd 2005. Austria. **Int J Obes** 2005; 29 (suppl 2): S155.
31. **Ruiz JR**, Rizzo NS, Hurtig-Wennlof A, Ortega FB, Warnberg J, Harro M, Sjostrom M. Physical activity, fitness and fatness in children: The European Youth Heart Study. **2nd SPOC** March 9-10, 2006, Malmö, Sweden.
32. Ortega FB, **Ruiz JR**, Castillo MJ, Moreno LA, Chillon P, Gonzalez-Gross M, Warnberg J, Morales B, García-Fuentes M, Gutierrez A & AVENA study group. Sedentary activities, but not physical activity, are associated with abdominal adiposity in adolescents. The AVENA study. **2nd SPOC** March 9-10, 2006, Malmö, Sweden.
33. **Ruiz JR**, Rizzo NS, Hurtig-Wennlöf A, Wärnberg J, Ortega FB, Harro M, Sjöström M. Metabolic Health Criterion for Cardiorespiratory Fitness in Children; The European Youth Heart Study. **53th Annual Meeting of the American College of Sports Medicine**, Denver, Colorado (USA), 28th May ó 3th June 2006. Abstract Number: 1799. **Medicine and Science in Sports and Exercise** 2006.
34. Wärnberg J, **Ruiz JR**, Sjöström M, Ortega FB, Montero A, Moreno LA, Rizzo SN, Marcos A. Association of fitness and fatness to low-grade systemic inflammation in adolescents. The AVENA study. **53th Annual Meeting of the American College of Sports Medicine**, Denver, Colorado (USA). Abstract Number: 2351. **Medicine and Science in Sports and Exercise** 2006; 38(5 Suppl): S8.
35. Ortega FB, **Ruiz JR**, Castillo MJ, Moreno LA, Tresaco B, Gonzalez-Gross M, Warnberg J, Morales B, García-Fuentes M, Gutiérrez A & AVENA study group. Is an undesirable lipid profile associated with cardiorespiratory fitness independent of abdominal fatness in adolescence?. **53th Annual Meeting of the American College of Sports Medicine**,

Denver, Colorado (USA). Abstract Number: 2351. **Medicine and Science in Sports and Exercise** 2006; 38(5 Suppl): S7-S8.

36. Rizzo NS, **Ruiz JR**, Hurtig-Wennlöf A, Sjöström M. Relationship of Objectively Measured Physical Activity and Fitness with Metabolic Risk in Children and Adolescents. **53th Annual Meeting of the American College of Sports Medicine**, Denver, Colorado (USA). Abstract Number: 2351. **Medicine and Science in Sports and Exercise** 2006.
37. **Ruiz JR**, Ortega FB, Meusel D, Harro M, Oja P, Sjöstrom M Should Cardiorespiratory Fitness of Children be Assessed in Public Health Monitoring Systems? **International Congress on Physical Activity and Public Health**. April 17-20, 2006, Atlanta.
38. Moreno LA, Tresaco B, Ortega FB, **Ruiz JR**, Mesa JL, Wärnberg J, E Nova, Bueno G, Redondo C, Bueno M. Dislipidemia y distribución de la grasa en adolescentes. Estudio AVENA. **Congreso de la Sociedad Española de Investigación en Nutrición y Alimentación**. Madrid, Septiembre de 2006. **Rev Esp Pediatr** 2006; 62(4): 317.
39. Castillo MJ, **Ruiz JR**, Ortega FB, Gutiérrez A. Blood lipid and lipoproteins responses to exercise and training. **Congreso de la Sociedad Española de Investigación en Nutrición y Alimentación**. Madrid, Septiembre de 2006. **Rev Esp Pediatr** 2006; 62(4): 316.
40. Al-Tham J, Sola R, González-Gross M, **Ruiz JR**, García-Fuentes M, Moreno L, Pietrzik K, Castillo M. Status of B-vitamins and homocysteine in Spanish adolescents. **I World Congress of Public Health Nutrition. VII National Congress of the Spanish Society of Community Nutrition**. Barcelona, Spain. September 28-30, 2006. **Public Health Nutr** 2006; 9:104-105.
41. Ortega FB, **Ruiz JR**, Hurtig-Wennlof A, Castillo MJ, Sjostrom M. Cardiovascular fitness, objectively measured physical activity and waist circumference in Swedish children and adolescents. **I World Congress of Public Health Nutrition. VII National Congress of the Spanish Society of Community Nutrition**. Barcelona, Spain. September 28-30, 2006. **Public Health Nutr** 2006; 9:193.
42. **Ruiz JR**, Ortega FB, Hurtig-Wennlof A, Patterson E, Nilson T, Castillo MJ, Sjostrom M. Homocysteine levels in Swedish children and adolescents; associations with physical activity, fitness and fatness. **I World Congress of Public Health Nutrition. VII National Congress of the Spanish Society of Community Nutrition**. Barcelona, Spain. September 28-30, 2006. **Public Health Nutr** 2006; 9:193-4.
43. Sjöström M, Bergman P, Hagströmer M, Hurtig-Wennlöf A, Oja P, Ortega F, Meusel D, Nilsson T, Patterson E, Poortvliet E, Rizzo N, **Ruiz J**, Wärnberg J. The European Youth Heart Study (EYHS). **14th Annual conference of the European Public Health Association**. Montreux, Switzerland, November 15-18, 2006. **European Journal of Public Health** 2006; 16, Supplement 1: 22.
44. Chillón P, Ortega FB, **Ruiz JR**, Perez I, Martin-Matillas M, Vicente-Rodriguez G, García-Fuentes M, Tercedor P, Delgado M. Active commuting to school, physical activity and cardiovascular fitness in adolescents; The AVENA Study. **International Symposium: The adults of tomorrow: The impact of health of physical activity, fitness and fatness**. Granada, Spain, 23rd February 2007. **Seleccion** 2007; 17: 24.
45. España-Romero V, **Ruiz JR**, Ortega FB, Sjöström M, Castillo MJ, Gutierrez A. Hand grip strength is influenced by sex, hand size and grip span in adolescents. **International Symposium: The adults of tomorrow: The impact of health of physical activity, fitness and fatness**. Granada, Spain, 23rd February 2007. **Seleccion** 2007; 17: 25.

46. Meusel D, **Ruiz JR**, Ortega FB, Hagströmer M, Bergan P, Sjöström M. Analysis and interpretation of accelerometer data for monitoring levels of physical activity in large population based sample sizes; the ALPHA Project. **International Symposium: The adults of tomorrow: The impact of health of physical activity, fitness and fatness.** Granada, Spain, 23rd February 2007. **Seleccion** 2007; 17: 25.
47. Jiménez-Pavón D, Ortega FB, **Ruiz JR**, Vicente-Rodríguez G, Rey P, Martín-Matillas M, Wärnberg J, Gómez S, Perez I, Redondo C, Tercedor P, Guterrez A. Physical activity and physical fitness according to the socio-economic status in adolescents. The AVENA study. **International Symposium: The adults of tomorrow: The impact of health of physical activity, fitness and fatness.** Granada, Spain, 23rd February 2007. **Seleccion** 2007; 17: 26.
48. Ortega FB, **Ruiz JR**, Vicente-Rodríguez G, Chillón P, Rey P, Wärnberg J, Romeo J, García-Fuentes M, Delgado M, Sjöström M, Castillo MJ. Sleep duration affects body composition and sedentary behaviours in adolescents. The AVENA study. **International Symposium: The adults of tomorrow: The impact of health of physical activity, fitness and fatness.** Granada, Spain, 23rd February 2007. **Seleccion** 2007; 17: 28.
49. **Ruiz JR**, Rizzo NS, Hurtig-Wennlöf A, Ortega FB, Wärnberg J, Harro M, Sjöström M. Physical activity, fitness and fatness in children: the European Youth Heart Study. **2nd Scandinavian Pediatric Obesity Conference.** Malmö (Sweden) 2006. **Acta Paediatrica** 2007;96, Suppl 454:51-52.
50. Ortega FB, **Ruiz JR**, Castillo MJ, Moreno LA, Chillón P, González-Gross M, Wärnberg J, Morales B, García-Fuentes M, Gutierrez A & AVENA study group. Sedentary activities, but not physical activity, are associated with abdominal adiposity in adolescents. The AVENA study. **2nd Scandinavian Pediatric Obesity Conference.** Malmö (Sweden) 2006. **Acta Paediatrica** 2007;96, Suppl 454:52-53.
51. Meusel D, Hagströmer M, Bergman P, **Ruiz JR**, Ortega FB, Sjöström M. Efficient and comprehensive analysis of accelerometer data to measure physical activity in large populations - the ALPHA project. **15th European Congress on Obesity.** Budapest, Hungary, April 22-25 2007. **Int J Obes** 2007 31: S210-S210.
52. Jiménez-Pavon D, Cervantes-Borunda M, Romeo J, García E, Gonzalez-Gross M, Ortega FB, **Ruiz JR**, Castillo MJ. Exercise in hot environment: effects on hydration state. **12th Annual Congress of the ECSS,** 11-14 July 2007, Jyväskylä, Finland. **Eur J Appl Physiol** 2006; 97(1): 89-95.
53. Jimenez-Pavon D, Cervantes-Borunda M, Romeo J, España-Romero V, Artero EG, Ortega FB, **Ruiz JR**, González-Gross M, Marcos A, Gutiérrez A, Castillo MJ. Ejercicio, deshidratación y Rehidratación: efecto sobre la capacidad perceptivo morota. **XII Congreso nacional de FEMEDE. V Congreso Iberoamericano de Medicina del Deporte,** Sevilla, Spain, October 24-27 2007. **Archivos de Medicina del Deporte** 2007; 121: 383-384.
54. España-Romero V, Ortega F, Artero EG, Ruiz JR, Vicente-Rodríguez F, Castillo MJ. Evaluación del % de grasa corporal en escaladores de roca de élite: comparación de ecuaciones basadas en pliegues cutáneos con absociometría dual de rayos-X (DXA). **Congreso nacional de FEMEDE. V Congreso Iberoamericano de Medicina del Deporte,** Sevilla, Spain, October 24-27 2007. **Archivos de Medicina del Deporte** 2007; 121: 396.

55. **Ruiz JR**, Rizzo NS, Ortega FB, Loit HM, Veidebaum T, Sjöström M. Fatness, fitness and markers of insulin resistance in school-aged children: The European Youth Heart Study. **SPOC, 3rd Scandinavian Pediatric Obesity Conference**, March 6th to 7th 2008, Malmö, Sweden. *Int J Pediatr Obes* 2008 3:1, 91.
56. Ortega FB, **Ruiz JR**, Sjöström M. Role of physical activity in the associations between television viewing and central adiposity in children and adolescents: The European Youth Heart Study. **SPOC, 3rd Scandinavian Pediatric Obesity Conference**, March 6th to 7th 2008, Malmö, Sweden. *Int J Pediatr Obes* 2008 3:1, 90.
57. Rizzo NS, **Ruiz JR**, Oja L, Veidebaum T, Sjöström M. Associations between physical activity, body fat, and HOMA in Adolescents. The European Youth Heart Study. **SPOC, 3rd Scandinavian Pediatric Obesity Conference**, March 6th to 7th 2008, Malmö, Sweden. *Int J Pediatr Obes* 2008 3:1, 91.
58. Artero EG, España-Romero V, Carbonell Baeza A, Ortega FB, Jiménez-Pavón D, Ruiz JR, Vicente-Rodríguez G, Heredia JM, Soto VM. Jump field tests and isokinetic strength in adolescents. The HELENA study. **International Symposium HELENA: Promoting a Healthy European Lifestyle through Exercise and Nutrition in Adolescence**. Granada, 20th -22nd April, 2008. ISBN: 978-84-96876-40-8. pp: 55.
59. Bergman P, Patterson E, Hagströmer M, De Bourdeaudhuij I, Ortega FB, Ruiz JR, Manios Y, Rey-López JP, Phillip K, von Berlepsch J, Sjöström M - On behalf of the HELENA Study Group. Concurrent validity of a modified version of the international physical activity questionnaire (IPAQ-A) in European adolescents ó the HELENA study. **International Symposium HELENA: Promoting a Healthy European Lifestyle through Exercise and Nutrition in Adolescence**. Granada, 20th -22nd April, 2008. ISBN: 978-84-96876-40-8. pp: 58.
60. Castro-Piñero J, Mora J, González-Montesinos JL, Ortega FB, Keating XD, Sjöström M, Ruiz JR. Percentile values for cardiorespiratory fitness running/walking field tests in children aged 6 to 17 years. **International Symposium HELENA: Promoting a Healthy European Lifestyle through Exercise and Nutrition in Adolescence**. Granada, 20th - 22nd April, 2008. ISBN: 978-84-96876-40-8. pp: 64.
61. España-Romero, Ortega FB, Vicente-Rodríguez G, Artero EG, Rey P, Ruiz JR. Elbow position affects handgrip strength in adolescents; validity and reliability of Jamar, Dynex and TKK dynamometers. **International Symposium HELENA: Promoting a Healthy European Lifestyle through Exercise and Nutrition in Adolescence**. Granada, 20th - 22nd April, 2008. ISBN: 978-84-96876-40-8. pp: 68.
62. Jiménez-Pavón D, Ortega FB, Artero EG, España-Romero V, Aparicio V, Sánchez Muñoz C, Chillón Garzón P. **Ruiz JR**, Moreno Aznar L, Castillo MJ. Associations between upper limb muscular fitness field tests and isokinetic parameters. HELENA study. **International Symposium HELENA: Promoting a Healthy European Lifestyle through Exercise and Nutrition in Adolescence**. Granada, 20th -22nd April, 2008. ISBN: 978-84-96876-40-8. pp: 74.
63. Ortega FB, Artero EG, Ruiz JR, Vicente-Rodríguez G, Bergman P, Hagströmer M, Ottevaere C, Nagy E, Konsta O, Rey P, Polito A, Dietrich S, Plada M, Beghin L, Manios Y, Ciarapica D, Sjöström M, Castillo MJ, on behalf of the HELENA study group. Reliability of health-related physical fitness assessment in European adolescents. The HELENA study. **International Symposium HELENA: Promoting a Healthy European Lifestyle through Exercise and Nutrition in Adolescence**. Granada, 20th - 22nd April, 2008. ISBN: 978-84-96876-40-8. pp: 80.

64. **Ruiz JR**, España-Romero E, Ortega FB, Artero EG, Jiménez-Pavón D, Santaliestra-Pasias A, Castillo MJ, Gutiérrez A. Influence of hand size and grip span on maximal handgrip strength. **International Symposium HELENA: Promoting a Healthy European Lifestyle through Exercise and Nutrition in Adolescence**. Granada, 20th -22nd April, 2008. ISBN: 978-84-96876-40-8. pp: 86.
65. Rio P, Lang M, **Ruiz JR**, Artero EG, Jiménez-Pavon D, Gutiérrez A. Effects of inspiratory muscle training in healthy subjects. **International Symposium HELENA: Promoting a Healthy European Lifestyle through Exercise and Nutrition in Adolescence**. Granada, 20th -22nd April, 2008. ISBN: 978-84-96876-40-8. pp: 83.
66. Suni JH, Husu P, Castro J, Artero EG, Ortega FB, España-Romero V, Jiménez-Pavón D, Gutiérrez A, Girela M, Sjötröm M, Castillo MJ, **Ruiz JR**. Assessing health-related fitness: the ALPHA project. **International Symposium HELENA: Promoting a Healthy European Lifestyle through Exercise and Nutrition in Adolescence**. Granada, 20th -22nd April, 2008. ISBN: 978-84-96876-40-8. pp: 91.
67. **Ruiz JR**, Mei X, Lobelo L, Morrow JR, Jackson AW, Blair SN. Association between muscular strength and mortality (all cause and cardiovascular disease) in men. **55th American College of Sports Medicine Annual Meeting**. Indianapolis (U.S.) 28th-31st of May, 2008. **Med Sci Sports Exerc** 2008 4;5:S35.
68. Mei X, **Ruiz JR**, Morrow JR, Jackson AW, Hooker SP, Lobelo F, Blair SN. Muscular fitness, fatness and cancer mortality in men. **55th American College of Sports Medicine Annual Meeting**. Indianapolis (U.S.) 28th-31st of May, 2008. **Med Sci Sports Exerc** 2008 4;5:S35-S36.
69. Lobelo F, Mei X, **Ruiz JR**, Blair SN. Cardiorespiratory fitness and cardiovascular disease mortality in men within clinically established obesity categories. **55th American College of Sports Medicine Annual Meeting**. Indianapolis (U.S.) 28th-31st of May, 2008. **Med Sci Sports Exerc** 2008 4;5:S35.
70. España-Romero V, Ortega FB, Artero EG, Jiménez-Pavón D, Gutiérrez A, Castillo MJ, **Ruiz JR**. Determinants of climbing performance in high-level sport climbers. 57th American College of Sports Medicine Annual Meeting. Baltimore, Maryland (U.S.) June 2nd ó 5th 2010. **Med Sci Sports Exerc** 2010; 42 (5): S551.
71. Artero EG, **Ruiz JR**, España-Romero v, Ortega FB, Vicente-Rodríguez G, Moreno LA, Gutiérrez A. Muscular and cardiorespiratory fitness are independently associated with metabolic risk in adolescents. The HELENA Study. 57th American College of Sports Medicine Annual Meeting. Baltimore, Maryland (U.S.) June 2nd ó 5th 2010. **Med Sci Sports Exerc** 2010; 42 (5): S73

Non published abstracts presented in National and International Conferences

72. Mesa JL, **Ruiz JR**, Zabala M, Chiroso I, Gutiérrez A. Efectos de la fatiga precompetitiva de los grupos musculares antagonistas empleados en el pedaleo sobre índices de rendimiento en ciclismo. **1st Meeting of Mountain-Bike**, from 25th to 27th May, 2000, Sierra Nevada, Granada, Spain.
73. Mesa JL, **Ruiz J**, Gutiérrez A. El control neurológico en voleibol. **12nd Spanish Meeting on Volleyball**, 14th December, 2000, Córdoba, Spain.
74. **Ruiz JR**, Mesa JL, Gutiérrez A. Las dimensiones de la mano inciden en el resultado de la dinamometría manual: normas de estandarización. **2nd International Congress of**

Physical Education and Diversity, from 1st to 4th March, 2001, Murcia, Spain.

75. **Ruiz JR**, Mesa JL, FJ Mula, Castillo MJ, Gutiérrez A. La aplicación de un ciclo de recuperación tras seis días de sobrecarga mejora el rendimiento en futbolistas. **7th Andalusian Meeting on Health and Scientific Investigation in Football**, 30th November and 1st December, 2001, Sevilla, Spain. (**Mejor comunicación oral**).
76. Mesa JL, **Ruiz JR**, Mingorance I, Castillo MJ, Cano MD, Gutiérrez A. El estrés fisiológico inducido en futbolistas como posible factor de riesgo cardiovascular. Pautas de intervención. **7th Andalusian Meeting on Health and Scientific Investigation in Football**, 30th November and 1st December, 2001, Sevilla, Spain.
77. **Ruiz JR**, Mesa JLM, Rojo A, González-Gross M, Moreno LA, Pérez-Prieto R, López-Contreras JJ, Castillo MJ y el grupo AVENA. En busca de un índice de condición física fiable en adolescentes: estudio piloto de AVENA. **3rd International Congress of Physical Education and Diversity, from 14th to 17th November, 2002**, Cartagena, Spain.
78. Mesa JLM, **Ruiz JR**, Carreño F, Arellano F, González-Gross M, Moreno LA, Pérez-Prieto R, Hernández JJ, Gutiérrez A y el grupo AVENA. ¿Qué nivel de condición física es necesario para evitar el riesgo de padecer enfermedad cardiovascular en adolescentes? El estudio AVENA. [Which physical fitness level is needed to avoid cardiovascular disease risk? The AVENA study]. 3rd International Congress of Physical Education and Diversity, from 14th to 17th November, 2002, Cartagena, Spain.
79. **Ruiz JR**, J L Mesa, M González-Gross, S Medina, L A Moreno, P de Rufino-Rivas, R García-Conesa, and the AVENA group. Aerobic fitness can detect healthy hdlc and apolipoprotein-a1 values in adolescents. the AVENA study. **The International XVII Puijo Symposium "Physical Activity and Health: Gender Differences Across the Lifespan"** in Kuopio, Finland. June 25 - 28, 2003.
80. Albert Garcia FJ, Ortega Porcel FB, **Ruiz-Ruiz J**, Gutierrez Sainz A, Castillo Garzon MJ. Effects of short-term -hydroxy- -methylbutarate supplementation on markers of muscle damage, soreness, body composition, strength, sprint performance and soreness after prolonged intermittent high-intensity shuttle running. **1st International Football Medicine Congress**. Munich/Germany, June 9-12, 2004.
81. Wärnberg J, **Ruiz JR**, Montero A, González-Gross M, Gutierrez A, Mesana MI, González-Lamuño D, Martínez JA, Marcos A and the AVENA group. Are inverse associations between inflammation and aerobic fitness mediated by a reduction of BMI in physically active subjects? The AVENA study. **5th International Conference on Nutrition and Fitness**. Athens, Greece. June 9th-12th, 2004
82. González-Gross M, Urzanqui A, Moreno LA, **Ruiz JR**, de Rufino-Rivas P, Barrios L, Mesana MI, Garaulet M, Gutierrez A and the AVENA group. Aerobic fitness and fatness in Spanish adolescents. The AVENA study. **The 8th Nordic Nutrition Conference Tønsberg**, Norway 20-23 June 2004 Norwegian Nutrition Society (NNS).
83. Wärnberg J, Ramos E, González-Gross M, Mesana MI, **Ruiz J**, Rufino P, López Contreras MJ, Marcos A y el grupo AVENA. Biomarcadores de enfermedades degenerativas en adolescentes con sobrepeso/obesidad. Estudio AVENA II **encuentro Internacional de expertos en promoción de salud en la escuela**. Madrid, 25-26 de junio de 2004.
84. Roß N, Ramos E, Mesana MI, **Ruiz JR**, Rufino P, Stehle P, González-Gross M, and the AVENA Group. **Ernährungswissen, sozioökonomischer Status und Frühstücksgewohnheiten spanischer Jugendlicher – Die AVENA*-Studie**.

Jahrestagung der Deutschen Adipositas Gesellschaft e.V. 7. ó 9. Octubre 2004 en Hamburg.

85. Ross N, Breidenassel C, de Rufino P, Mesana MI, **Ruiz JR**, Martínez-Maluendas L, Stehle P, González-Gross M and the AVENA group. Only a minority of Spanish adolescents consumes an adequately-composed breakfast Regional results from the AVENA Study. **Third International Conference on the Health Benefits of the Mediterranean-Style Diet**, EGEA, Rome, 18th to 21st of May, 2005.
86. Ortega FB, **Ruiz JR**, Mesa JL, Castillo MJ, Moreno LA, Gutiérrez A. Póster: Valores normativos de la condición física de los adolescentes españoles. Un nuevo y potente biomarcador del estado de salud. **II Jornadas científicas en ciencias de la Salud**. Universidad de Granada (España) 4 y 5 de Marzo 2005.
87. García-Artero E, Mesa JL, **Ruiz-Ruiz J**, Gutiérrez A. Utilidad de la dinamometría manual como predictor de capacidad aeróbica y composición corporal. **II Jornadas Científicas de Ciencias de la Salud. Escuela universitaria de Ciencias de la Salud**, Universidad de Granada. 4 y 5 de marzo 2005. Editorial Universidad de Granada.
88. Mesa JL, González-Lamuño D, **Ruiz JR**, Ortega F, González-Gross M, Moreno LA, Gutiérrez A, Castillo MJ, García Fuentes M. Interacciones entre genética, condición física y composición corporal en relacion con el perfil lipídico de riesgo cardiovascular en adolescentes. Estudio AVENA. **Congreso temático sobre Nutrición, Actividad Física y Prevención de la Obesidad (Estrategia NAOS)**. Santander 3-5 de Octubre de 2005, España.
89. **Ruiz JR**, Ortega FB, Meusel D, Harro M, Oja P, Sjöstrom M Should Cardiorespiratory Fitness of Children be Assessed in Public Health Monitoring Systems? **International Congress on Physical Activity and Public Health**. April 17-20, 2006, Atlanta.
90. Ortega FB, **Ruiz JR**, Moreno LA, Martin-Matillas M, Warnberg J, González-Gross M, García MD, García-Fuentes M, Sjöström M, Gutiérrez A, Castillo MJ, and the AVENA study group. Waist circumference and cardiorespiratory fitness in Spanish adolescents. The AVENA study. **Children, Physical Activity & Health The 4th European Youth Heart Study Symposium & Objective Measurement of Physical Activity Satellite meeting of 'The 6th International Conference on Diet Assessment Methods'**. University of Southern Denmark Odense, Denmark 24th - 26th April 2006.
91. **Ruiz JR**, Ortega FB, Meusel D, Oja P, Gutiérrez A, Castillo MJ, Sjöström M. Rationale for including cardiorespiratory fitness assessment in public health monitoring systems in children. **Children, Physical Activity & Health The 4th European Youth Heart Study Symposium & Objective Measurement of Physical Activity Satellite meeting of 'The 6th International Conference on Diet Assessment Methods'**. University of Southern Denmark Odense, Denmark 24th - 26th April 2006.
92. **Ruiz JR**, Ortega FB, Rizzo NS, Wennlöf AH, Wärnberg J, Sjöström M. Influence of amount and intensity level of physical activity on cardiovascular fitness and fatness in children. **2nd annual meeting of HEPA Europe**. 14-16 June, Tampere (Finland), 2006.
93. Ortega FB, **Ruiz JR**, Wennlöf AH, Gutierrez A, Sjöström M. Cardiovascular fitness in Swedish and Spanish adolescents: influence of sexual maturation status. **2nd annual meeting of HEPA Europe**. 14-16 June, Tampere (Finland), 2006.
94. **Ruiz JR**, Sjöström M. Physical activity, fitness and cardiovascular disease risk factors in young people. **1st workshop for the exchange of experiences in physical activity and**

sports promotion in children and adolescents. Magglingen, Switzerland. November 22-23, 2006.

95. Jiménez-Pavón D, Cervantes M, Romeo J, España-Romero V, Artero EG, **Ruiz JR**, Ortega FB, Marcos A, Gutiérrez A, Castillo MJ. Deshidratación y rehidratación: Efectos sobre la capacidad perceptivo motriz. **Simposio sobre Cerveza, Deporte y Salud** (B002607JA). Granada, Spain, 29 Mayo 2007.
96. España-Romero V, Artero EG, Jiménez-Pavón D, **Ruiz JR**, Sánchez-Muñoz C, Gutiérrez A. Physiological predictors of Rock climbing performance. **I International Symposium of altitude training.** February 14th to 16th, 2008. Granada, Spain.
97. Artero EG, Jiménez-Pavón D, España-Romero V, **Ruiz JR**, Ortega FB, Gutiérrez A A, Castillo MJ. Póster: Condición física en niños y adolescentes: un potente indicador de salud. **VI Jornadas Jóvenes Investigadores.** Asociación de Jóvenes Investigadores de Granada (ASI) y Federación de jóvenes investigadores (FJI). Granada, 13-15 febrero 2008.
98. Ortega FB, Artero EG, **Ruiz JR**, Vicente-Rodriguez G, Bergman P, Hagströmer M, Ottevaere C, Nagy E, Konsta O, Rey P, Polito A, Dietrich S, Plada M, Beghin L, Manios Y, Ciarapica D, Sjöström M, Castillo MJ. Health-related physical fitness assessment in adolescents: a reliability approach. The HELENA study. **II International Congress on Physical Activity and Public Health.** Amsterdam, 13th-16th of April, 2008.
99. España-Romero V, **Ruiz JR**, Ortega FB, Artero EG, Jiménez-Pavón D, Santaliestra-Pasias A, Gutiérrez A. Hand size influences optimal grip span in children, adolescents and adult women. **II International Congress on Physical Activity and Public Health.** Amsterdam, 13th-16th of April, 2008.
100. **Ruiz JR**, Ortega FB, España-Romero V, Artero EG, Jiménez-Pavón D, Castro J, Gutiérrez A, Sjöström M, Suni JH, Castillo MJ. Assessing health related fitness in children and adolescents; The ALPHA project. **II International Congress on Physical Activity and Public Health.** Amsterdam, 13th-16th of April, 2008.
101. Suni JH, **Ruiz JR**, Husu P, Ortega FB, Castillo MJ. Research based methods of health-related fitness suitable for population assessment. The ALPHA project. **II International Congress on Physical Activity and Public Health.** Amsterdam, 13th-16th of April, 2008.
102. España-Romero V, **Ruiz JR**, Ortega FB, Artero EG, Jiménez-Pavón D, Gutiérrez A. Body Fat In Elite Rock Climbers Measured By Anthropometry And Dual Energy X-Ray Absorptiometry. **13th annual Congress of the European College of Sport Science (ECSS).** July 9 th to 12 th, 2008, Estoril, Portugal.
103. Castro-Piñero J, González-Montesinos JL, Mora J, Keating XD, Girela-Rejón MJ, Sjöström M, **Ruiz JR**. Percentile values for muscular strength field tests in children aged 6 to 17 years; influence of weight status. **13th annual Congress of the European College of Sport Science (ECSS).** July 9 th to 12 th, 2008, Estoril, Portugal.
104. **Ruiz JR**, Ortega FB, Warnberg J, Moreno LA, Carrero JJ, Gonzalez-Gross M, Marcos A, Gutierrez A, Sjöström M. Inflammatory proteins are associated with muscle strength in adolescents; The AVENA Study. **13th annual Congress of the European College of Sport Science (ECSS).** July 9 th to 12 th, 2008, Estoril, Portugal.
105. Jimenez-Pavon D, Cervantes-Borunda M, Romeo J, Ortega FB, **Ruiz JR**, García E, Gonzalez-Gross M, Castillo MJ. Exercise in hot environment: Effects on hydration state. **13th**

annual Congress of the European College of Sport Science (ECSS). July 9 th to 12 th, 2008, Estoril, Portugal.

106. **Ruiz JR**, Castro-Piñero J, Artero EG, Ortega FB, España-Romero V, Jimenez-Pavón D, Gutiérrez A, Sjöström M, Suni A, Castillo MJ. Does fitness in children predict health later in life? **International Symposium of Exercise and Health in special Populations.** Huesca, Spain. October 23rd-24th, 2008.
107. España-Romero V, Ortega FB, Vicente-Rodríguez, Artero EG, Rey P, **Ruiz JR**. Validity and reliability of Jamar, DynEx and TKK dynamometers; Elbow position affects handgrip strength in adolescents. **International Symposium of Exercise and Health in special Populations.** Huesca, Spain. October 23rd-24th, 2008.
108. Artero EG, España-Romero V, Carbonell Baeza A, Ortega FB, Jiménez-Pavón D, **Ruiz JR**, Vicente-Rodríguez G, Heredia JM, Soto V. ?Association between jump field tests and isokinetic strength in adolescents?. **International Symposium of Exercise and Health in special Populations.** Huesca, Spain. October 23rd-24th, 2008.
109. Castro-Piñero, J, Ortega FB, Mora J, Sjöström J, **Ruiz JR**. Criterion related validity of 1/2 mile run-walk test for estimating VO₂peak in children aged 6 to 17 years. **International Symposium of Exercise and Health in special Populations.** Huesca, Spain. October 23rd-24th, 2008.
110. Al-Tahan J, **Ruiz JR**, Vicente-Rodríguez G, Dallongeville J, Sjöström M, Moreno LA, Widhalm K, Castillo MJ, Stehle P, González-Gross M on behalf of the HELENA Study group. Homocysteine levels are not influenced by physical activity, cardiovascular fitness, and fatness in European adolescents of the HELENA Study. **7th Conference on Homocysteine Metabolism**, 21-25, June 2009, Prague, Czech Republic.

Reviewer

Journals: International Journal of Obesity, Arteriosclerosis Thrombosis and Vascular Biology, Pediatrics, Preventive Medicine, International Journal of Sports Medicine, Nutrition Metabolism and Cardiovascular Disease, Journal of Science in Medicine and Sport, Journal of Pediatric Endocrinology and Metabolism, Scandinavian Journal of Sports Medicine, and Journal of Applied Physiology.

Institutions:

- German Federal Ministry of Education and Research (2007): Scientific projects in the field of Long-term Studies in Health Research in Germany.
- Executive Agency for Health and Consumers (EAHC). Experts for the second programme of Community action in the field of health (2008-2013).

Editorial Board:

- Associated Editor of The Open Sports Medicine Journal.
- Academic Editor of PLoS ONE.
- Academic Editor Journal of Obesity

Thesis, Co-supervisor

1. Nico S. Rizzo. Department of Biosciences and Nutrition. Karolinska Institutet. Sweden. Defended June 2008. European Thesis.
2. Vanesa España-Romero. Department of Physiology, University of Granada, Granada, Spain. Defended December 2008. European Thesis.

3. José Castro Piñero. Department of Physical Education and Sports. University of Cadiz, Cadiz, Spain. Defended June 2009. European Thesis.
4. David Jiménez Pavón. Department of Physiology, University of Granada, Granada, Spain. *To be defended February 2010*. European Thesis.
5. Lena Hallström. Department of Biosciences and Nutrition. Karolinska Institutet. Sweden. *To be defended Autumn 2010*. European Thesis.
6. Ana Carbonell. Department of Physical Education and Sports. University of Granada, Granada, Spain. *To be defended Summer 2010*. European Thesis.
7. Carmen Padilla. Department of Physical Education and Sports. University of Cadiz, Cadiz, Spain. *To be defended winter 2010*. European Thesis.
8. Virginia Aparicio. Department of Physical Education and Sports. University of Granada, Granada, Spain. *To be defended Spring 2011*. European Thesis

Post-Docs Supervisor

1. Rute Santos, Faculty of Sports, Research Centre in Physical Activity, Health and Leisure, University of Porto, Portugal.

Awards

1. University of Granada outstanding pupil award (1 of 300 given) in 1998/1999 academic course.
2. University of Granada outstanding pupil award (1 of 300 given) in 1999/2000 academic course.
3. Best oral communication Award in the 7th Andalusian Forum on Health and Scientific Investigation in Football, 30th November and 1st December 2001, Sevilla, Spain.
4. Spanish Ministry of Education outstanding pupil National award, 3rd best student in Sport Sciences, in 2001/2002 academic course. [BOE 170 de 17 de Julio 2003. Ministerio de Educación, Cultura y Deporte. ORDEN ECD/2008/2003, de 30 de mayo, por la que se adjudican los Premios Nacionales de Fin de Carrera de Educación Universitaria correspondientes al curso académico 2001-2002].
5. Award to 10 best manuscript submitted by young scientists to the 9th European Nutrition Conference, Rome, on October 1st-4th, 2003. "Simple physical assessment for lipid disturbances screening in adolescents: The AVENA study" (reference number 438).
6. University of Granada research project award "Utilización del sistema de mensajes cortos (SMS) para mejorar la calidad del proceso enseñanza-aprendizaje en la universidad" Vicerrectorado de Planificación, Calidad y Evaluación Docente de la Universidad de Granada. 30 de Junio de 2003.
7. Spanish Society of Cardiology Award. Second best article Published in *Rev Esp Cardiol* in 2005. Low level of physical fitness in Spanish adolescents. Relevance for future cardiovascular health (The AVENA Study).
8. Instituto Andaluz del Deporte award to the best research project in sports medicine: la fuerza joven de Andalucía en España y Europa. 2007.
9. Spanish Ministry of Education outstanding Post Doct research, best project in Medicine (1st of 12 given in Spain), in 2007. [Resolución de 29 de diciembre de 2006, de la Secretaría de Estado de Universidades e Investigación, por la que se convocan ayudas para investigación posdoctoral en centros españoles y extranjeros, incluidas las ayudas para becas MEC/Fulbright, y Cátedras "Príncipe de Asturias"]. BOE de 27 de Agosto de 2007. Ref n^o: EX-2007-1124.
10. Spanish Society of Cardiology Award. 2008. Article Published in *Rev Esp Cardiol* in 2005 with the highest mid-term social and scientific impact.

11. Award to the abstract submitted to the 19th International Congress of Nutrition, sponsored by the International Union of Nutritional Sciences (IUNS) and the Nutrition Association of Thailand (NAT). "Cardiorespiratory fitness effect on the association between UCP3-55C>T and homocysteine in Swedish youth"
12. Award to the best Thesis in the area of Biomedicine in the academic course 2006/2007 in the University of Granada, Spain. (Premio extraordinario de Tesis Doctoral).
13. 2nd National (Spain) Research Award in Sports Medicine to the study entitled: Exercise during Hematopoietic Stem Cell Transplant Hospitalization in Children. School of Physical Activity and Sports Medicine. University of Oviedo, Oviedo, Spain. February, 2010.
14. Finalist (5) for the IASO's New Investigator Competition to be held at the 11th International Congress on Obesity (ICO) in Stockholm in July, 2010.