

Manuel J. CASTILLO GARZON, M.D., Ph.D.

Professor and Chair of Medical Physiology
Faculty of Medicine, University of Granada, E-18071 Granada, Spain
E-mail: mccgarzon@ugr.es Cell-phone: +34 649 440850



Summarized CV

- Born in 1955 (Granada, Spain).
- MD (1978) and PhD (1980), University of Granada, Medical School.
- Board Chemical Pathology (1984) and Clinical Biochemistry (1988), Granada University Hospital.
- DU Endocrinologie, Nutrition, Dietetique. Service Médecine Interne, CHU Liège, Belgium (1996).
- Present appointments:
 - o Professor and Chair of Medical Physiology (1996-tenure). Granada Faculty of Medicine.
 - o Director of laboratories and Research Group on Clinical and Exercise Physiology (EFFECTS 262 Research Group). URL: www.ugr.es/local/cts262
 - o Scientific President Spanish Society for Anti-aging and Longevity Medicine
 - o Advisory Board European Society of Preventive, Regenerative and Anti-Aging Medicine (ESAAM) <http://esaam.ecopram.eu/blog/about-us/advisory>
 - o Consultant for Corporate Wellness and Health in several companies
- Previous appointments:
 - o Medical Director, Sotogrande Health Resort (2005-2010).
 - o Research associate and visiting professor (1992-1996) at the Division of Diabetes, Nutrition and Metabolic Disorders, Department of Medicine, CHU-Liège, Belgium and Recipient of Grant BMH1-CT94-6070 (Category 40: University Professors and Heads of Departments), E.U. Biomedical and Health Research Program.
 - o Assistant Professor of Medical Physiology (1985-1996) University of Granada.
 - o Senior Lecturer of Human Physiology (1983-1985) University of Granada.
 - o Research Fellow University of Liege-Medical School and University Hospital (1981-1983). FNFPI-Spain, Spanish Ministry of Health and Belgium Ministry of Education.
 - o Reader in Biochemistry and Physiology (1978-1983) Granada-Medical School.
 - o Research Fellow at the University of Granada-Medical School and Intern at the University Hospital (1978-1981). FNFPI-Spain and Spanish Ministry of Health.
- Principal Investigator for more than 30 peer-reviewed research projects funded by national and international public or private organizations.
- Stable research and academic collaboration with several centers in Spain, Europe and America.
- Supervisor of more than 40 national and international research fellows.
- Supervisor of over 30 Doctoral Thesis, 10 with European mention and Prizes.
- Several Research and Academic Prizes. 7 awarded “sexenios de investigación”
- Member of several Academic and Scientific Societies and Commissions.
- Author of over 300 Scientific Publications, in international peer-review high impact journals, more than 30 book chapters. Co-author of book on Nutrition and Physical Training (3 editions in Spanish, 1 edition in Portuguese).
- Referee and member of Editorial Board of several national and international periodic publications.
- More than 300 Communications to National and International Meetings and Congresses.
- Invited speaker for more than 300 Lectures (half of them at international events).
- President or member of organizing or scientific committee of >30 national or international events.
- Bibliometric indicators:
 - o Thomson Reuters: H index 52. Mean cites/work 14,3. Total citations 17805 (10976 from 2014).
 - o Google Scholar: H index 67 (last 5 year: 52). Index i10: 237 (last 5 years: 193).
 - Ranking: Top 25 (de 1142) in UGR, Top 5 en Health Science, Top 3 in Faculty of Medicine
- Lines of research interest: Nutrition, Metabolism (Plasma lipids, Diabetes, Obesity), Exercise Physiology, Anti-Aging Medicine, Telemedicine.
- Lines of clinical interest: Anti-Aging Medicine, Clinical Physiology, Exercise Physiology.

See Castillo MJ or Castillo-Garzon M in www.pubmed.com for scientific publications.

FIVE RELEVANT RESEARCH PROJECTS

- **P.I.** Magnesium deficiency in type 2 diabetes mellitus. Biomedical and Health Research Program (U.E.). 80.666 ECU (12.960.560 pts.). 1994-1997.
- **P.I.** La adolescencia como factor de riesgo para enfermedades ligadas con la alimentación: Obesidad, anorexia nervosa/bulimia, dislipidemia. Propuestas de intervención. Proyecto co-ordinado Granada, Madrid, Santander, Zaragoza y Murcia. Fondo de Investigaciones Sanitarias. Ministerio de Sanidad y Consumo. 5.445.000 Ptas (total financiado: 21.500.000 Ptas.). 2000-2003.
- **Director.** Fisiología del Ejercicio aplicada al control del rendimiento deportivo y la salud. Ministerio Educación, Cultura y Deportes. 77.000 €. 2003-2006.
- **P.I.** Healthy Lifestyle in Europe by Nutrition in Adolescence. (Physical activity and fitness workpackage). Luis A Moreno Aznar (Coordinator of the Project). European Comisión: Research Directorate-General. 2004-2007
- **P.I.** Assessing levels of Physical Activity in Europe. ALPHA Project. European Comisión DG Sanco. 2007-2009

TEN RELEVANT PUBLICATIONS

1. Castillo M, Scheen A, Lefebvre PJ, Luyckx AS. Insulin-stimulated glucose disposal is not increased in Anorexia Nervosa. *J. Clin. Endocrinol. Metab.*, 60: 311-314 (1985).
2. Castillo MJ, Scheen AJ, Lefebvre PJ. A modified glucagon test allowing simultaneous estimation of insulin secretion and insulin sensitivity: application to obesity, IDDM and NIDDM. *J Clin Endocrinol Metab* 80: 393-399 (1995).
3. Castillo MJ, Gómez FJ, Raya A, Martin C. Faxing helps deaf people access health services in Spain. *Br Med J* 326: 824 (2003).
4. Castillo MJ, Ruiz JR, Ortega FB, Gutierrez A. Anti-aging therapy through fitness enhancement. *Clin Interv Aging* 2006; 1213-220.
5. Ortega FB, Ruiz JR, Castillo MJ, Sjöström M. Physical fitness in childhood and adolescence: a powerful marker of health. *Int J Obes (Lond)*. 32:1-11 (2008).
6. Ortega FB, Lee DC, Sui X, Kubzansky LD, Ruiz JR, Baruth M, Castillo MJ, Blair SN. Psychological well-being, cardiorespiratory fitness, and long-term survival. *Am J Prev Med* 39(5):440-8. (2010)
7. Artero EG, Lee DC, Ruiz JR, Sui X, Ortega FB, Church TS, Lavie CJ, Castillo MJ, Blair SN. A prospective study of muscular strength and all-cause mortality in men with hypertension. *J Am Coll Cardiol*. 3;57(18):1831-7. (2011).
8. Ortega FB, Ruiz JR, Labayen I, Martínez-Gómez D, Vicente-Rodríguez G, Cuenca-García M, Gracia-Marco L, Manios Y, Beghin L, Molnar D, Polito A, Widhalm K, Marcos A, González-Gross M, Kafatos A, Breidenassel C, Moreno LA, Sjöström M, Castillo MJ; HELENA project group. [Health inequalities in urban adolescents: role of physical activity, diet, and genetics](#). *Pediatrics*. Apr;133(4):e884-95. doi: 10.1542/peds.2013-1665. Epub 2014 Mar 17. (2014)
9. Cuenca-García M, Ortega FB, Ruiz JR, Labayen I, Moreno LA, Patterson E, Vicente-Rodríguez G, González-Gross M, Marcos A, Polito A, Manios Y, Beghin L, Huybrechts I, Wästlund A, Hurtig-Wennlöf A, Hagströmer M, Molnár D, Widhalm K, Kafatos A, De Henauw S, Castillo MJ, Gutin B, Sjöström M; HELENA Study Group. More physically active and leaner adolescents have higher energy intake. *J Pediatr*. 2014 Jan;164(1):159-166.
10. Ruiz JR, Huybrechts I, Cuenca-García M, Artero EG, Labayen I, Meirhaeghe A, Vicente-Rodríguez G, Polito A, Manios Y, González-Gross M, Marcos A, Widhalm K, Molnar D, Kafatos A, Sjöström M, Moreno LA, Castillo MJ, Ortega FB; HELENA study group. Cardiorespiratory fitness and ideal cardiovascular health in European adolescents. *Heart*. 2015 May 15;101(10):766-73.
L. Delgado M, Gutiérrez A, Castillo MJ. Entrenamiento físico-deportivo y alimentación. De la infancia a la edad adulta. ISBN: 84-8019-334-4. Paidotribo. Barcelona. 1997 (1ª ed), 1999 (2ª ed), 2002 (edición en portugués).

See Castillo MJ, Castillo M or Castillo-Garzon M in www.pubmed.com for scientific publications.

PUBLISHED PAPERS JCR IN THE LAST FIVE YEARS

259. Julián-Almárcegui C, Vandevijvere S, Gottrand F, Beghin L, Dallongeville J, Sjöström M, Leclercq C, Manios Y, Widhalm K, Ferreira De Moraes AC, González-Gross M, Stehle P, **Castillo MJ**, Moreno LA, Kersting M, Vyncke K, De Henauw S, Huybrechts I. Association of heart rate and blood pressure among European adolescents with usual food consumption: The HELENA study. **Nutr Metab Cardiovasc Dis**. 2016 Jun;26(6):541-8.
260. Garaulet M, Martinez-Nicolas A, Ruiz JR, Konstabel K, Labayen I, González-Gross M, Marcos A, Molnar D, Widhalm K, Casajús JA, De Henauw S, Kafatos A, Breidenassel C, Sjöström M, **Castillo MJ**, Moreno LA, Madrid JA, Ortega FB; HELENA study group. [Fragmentation of daily rhythms associates with obesity and cardiorespiratory fitness in adolescents: The HELENA study](#). **Clin Nutr**. 2016 Nov 5. pii: S0261-5614(16)31266-3.
261. Shivappa N, Hebert JR, Marcos A, Diaz LE, Gomez S, Nova E, Michels N, Arouca A, González-Gil E, Frederic G, González-Gross M, **Castillo MJ**, Manios Y, Kersting M, Gunter MJ, De Henauw S, Antonios K, Widhalm K, Molnar D, Moreno L, Huybrechts I [Association between dietary inflammatory index and inflammatory markers in the HELENA study](#). **Mol Nutr Food Res**. 2016 Dec 16. doi: 10.1002/mnfr.201600707. [Epub ahead of print] Review
262. Iglesia I, Huybrechts I, González-Gross M, Mouratidou T, Santabábara J, Chajès V, González-Gil EM, Park JY, Bel-Serrat S, Cuenca-García M, **Castillo M**, Kersting M, Widhalm K, De Henauw S, Sjöström M, Gottrand F, Molnár D, Manios Y, Kafatos A, Ferrari M, Stehle P, Marcos A, Sánchez-Muniz FJ, Moreno LA. [Folate and vitamin B12 concentrations are associated with plasma DHA and EPA fatty acids in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence \(HELENA\) study](#). **Br J Nutr**. 2017 Jan;117(1):124-133.
263. Vanlancker T, Schaubroeck E, Vyncke K, Cadenas-Sanchez C, Breidenassel C, González-Gross M, Gottrand F, Moreno LA, Beghin L, Molnár D, Manios Y, Gunter MJ, Widhalm K, Leclercq C, Dallongeville J, Ascensión M, Kafatos A, **Castillo MJ**, De Henauw S, Ortega FB, Huybrechts I; HELENA project group*. [Comparison of definitions for the metabolic syndrome in adolescents. The HELENA study](#). **Eur J Pediatr**. 2017 Feb;176(2):241-252.
264. Gracia-Marco L, Bel-Serrat S, Cuenca-Garcia M, Gonzalez-Gross M, Pedrero-Chamizo R, Manios Y, Marcos A, Molnar D, Widhalm K, Polito A, Vanhelst J, Hagströmer M, Sjöström M, Kafatos A, de Henauw S, Gutierrez Á, **Castillo MJ**, Moreno LA; HELENA Study Group. [Amino acids intake and physical fitness among adolescents](#). **Amino Acids**. 2017 Mar 17. doi: 10.1007/s00726-017-2393-6.
265. Cadenas-Sanchez C, Ruiz JR, Labayen I, Huybrechts I, Manios Y, González-Gross M, Breidenassel C, Kafatos A, De Henauw S, Vanhelst J, Widhalm K, Molnar D, Bueno G, Censi L, Plada M, Sjöström M, Moreno LA, **Castillo MJ**, Ortega FB. [Prevalence of Metabolically Healthy but Overweight/Obese Phenotype and Its Association With Sedentary Time, Physical Activity, and Fitness](#). **J Adolesc Health**. 2017 Mar 28. pii: S1054-139X(17)30061-7. doi: 10.1016/j.jadohealth.2017.01.018.
266. Labayen I, Ruiz JR, Huybrechts I, Ortega FB, **Castillo M**, Sjöström M, González-Gross M, Manios Y, Widhalm K, Kafatos A, Breidenassel C, Rodríguez G, Dallongeville J, Gottrand F, Moreno LA. [Ideal cardiovascular health and liver enzyme levels in European adolescents; the HELENA study](#). **J Physiol Biochem**. 2017 May;73(2):225-234.
267. Medrano M, Labayen I, Ruiz JR, Rodríguez G, Breidenassel C, **Castillo M**, Pedrero R, Widhalm K, Kafatos A, Manios Y, Molnar D, González-Gross M, Ortega FB, Moreno LA. Cardiorespiratory fitness, waist circumference and liver enzyme levels in European adolescents: The HELENA cross-sectional study. **J Sci Med Sport**. 2017 Oct;20(10):932-936.
268. Henriksson P, Henriksson H, Gracia-Marco L, Labayen I, Ortega FB, Huybrechts I, España-Romero V, Manios Y, Widhalm K, Dallongeville J, González-Gross M, Marcos A, Moreno LA, **Castillo MJ**, Ruiz JR; HELENA study group. Prevalence of ideal cardiovascular health in European adolescents: The HELENA study. **Int J Cardiol**. 2017 Aug 1;240:428-432.
269. Red Española de Investigación En Ejercicio Físico y Salud E, Vicente-Rodríguez G, Benito PJ, Casajús JA, Ara I, Aznar S, **Castillo MJ**, Dorado C, González-Agüero A, González-Gallego J, González-Gross M, Gracia-Marco L, Gutiérrez Á, Gusi N, Jiménez-Pavón D, Lucía A, Márquez S, Moreno L, Ortega FB, De Paz JA, Ruiz JR, Serrano JA, Tur JA, Valtueña J. Physical activity, exercise and sport practice to fight against youth and childhood obesity. **Nutr Hosp**. 2016 Dec 7;33(Suppl9):1-21.

270. Barker AR, Gracia-Marco L, Ruiz JR, **Castillo MJ**, Aparicio-Ugarriza R, González-Gross M, Kafatos A, Androutsos O, Polito A, Molnar D, Widhalm K, Moreno LA. Physical activity, sedentary time, TV viewing, physical fitness and cardiovascular disease risk in adolescents: The HELENA study. **Int J Cardiol**. 2018 Mar 1;254:303-309.
271. Borges CA, Slater B, Santaliestra-Pasías AM, Mouratidou T, Huybrechts I, Widhalm K, Gottrand F, Manios Y, Jimenez-Pavón D, Valtueña J, Le Donne C, Marcos A, Molnar D, **Castillo MJ**, De Henauw S, Moreno LA. Dietary Patterns in European and Brazilian Adolescents: Comparisons and Associations with Socioeconomic Factors. **Nutrients**. 2018 Jan 9;10(1). pii: E57. doi: 10.3390/nu10010057.
272. Amaro-Gahete FJ, de la O A, Jurado-Fasoli L, Ruiz JR, **Castillo MJ**, Gutierrez A. Role of exercise on S-Klotho protein regulation: a systematic review. **Curr Aging Sci**. 2018 Jul 1. doi: 10.2174/1874609811666180702101338.
273. Amaro-Gahete FJ, De-la-O A, Jurado-Fasoli L, Espuch-Oliver A, Robles-Gonzalez L, Navarro-Lomas G, de Haro T, Femia P, **Castillo MJ**, Gutierrez A. Exercise training as S-Klotho protein stimulator in sedentary healthy adults: Rationale, design, and methodology. **Contemp Clin Trials Commun**. 2018 May 18;11:10-19. doi: 10.1016/j.conctc.2018.05.013.
274. Amaro-Gahete FJ, Jurado-Fasoli L, De-la-O A, Gutierrez Á, **Castillo MJ**, Ruiz JR. Accuracy and Validity of Resting Energy Expenditure Predictive Equations in Middle-Aged Adults. **Nutrients**. 2018 Nov 2;10(11). pii: E1635. doi: 10.3390/nu10111635.
275. Jurado-Fasoli L, Amaro-Gahete FJ, De-la-O A, Gutiérrez Á, **Castillo MJ**. Alcohol consumption and S-Klotho plasma levels in sedentary healthy middle-aged adults: A cross sectional study. **Drug Alcohol Depend**. 2019 Jan 1;194:107-111.
276. Jurado-Fasoli L, Amaro-Gahete FJ, De-la-O A, Dote-Montero M, Gutiérrez Á, **Castillo MJ**. Association between Sleep Quality and Body Composition in Sedentary Middle-Aged Adults. **Medicina (Kaunas)**. 2018 Nov 19;54(5). pii: E91.
277. Jurado-Fasoli L, Amaro-Gahete FJ, De-la-O A, Martinez-Tellez B, Ruiz JR, Gutiérrez Á, **Castillo MJ**. Adherence to the Mediterranean diet, dietary factors, and S-Klotho plasma levels in sedentary middle-aged adults. **Exp Gerontol**. 2019 May;119:25-32.
278. Amaro-Gahete FJ, De-la-O A, Jurado-Fasoli L, Espuch-Oliver A, de Haro T, Gutiérrez Á, Ruiz JR, **Castillo MJ**. Body Composition and S-Klotho Plasma Levels in Middle-Aged Adults: A Cross-Sectional Study. **Rejuvenation Res**. 2019 Mar 1. doi:10.1089/rej.2018.2092.
279. Amaro-Gahete FJ, De-la-O A, Jurado-Fasoli L, Ruiz JR, **Castillo MJ**, Gutiérrez Á. Effects of different exercise training programs on body composition: A randomized control trial. **Scand J Med Sci Sports**. 2019 Jul;29(7):968-979.
280. Dote-Montero M, Amaro-Gahete FJ, De-la-O A, Jurado-Fasoli L, Gutierrez A, **Castillo MJ**. Study of the association of DHEAS, testosterone and cortisol with S-Klotho plasma levels in healthy sedentary middle-aged adults. **Exp Gerontol**. 2019 Jul 1;121:55-61.
281. Amaro-Gahete FJ, Sanchez-Delgado G, Jurado-Fasoli L, De-la-O A, **Castillo MJ**, Helge JW, Ruiz JR. Assessment of maximal fat oxidation during exercise: A systematic review. **Scand J Med Sci Sports**. 2019 Jul;29(7):910-921.
282. Molina-Hidalgo C, De-la-O A, Jurado-Fasoli L, Amaro-Gahete FJ, **Castillo MJ**. Beer or Ethanol Effects on the Body Composition Response to High-Intensity Interval Training. The BEER-HIIT Study. **Nutrients**. 2019 Apr 23;11(4). pii: E909.
283. Amaro-Gahete FJ, de-la-O A, Jurado-Fasoli L, Gutiérrez Á, Ruiz JR, **Castillo MJ**. Association of physical activity and fitness with S-Klotho plasma levels in middle-aged sedentary adults: The FIT-AGEING study. **Maturitas**. 2019 May;123:25-31.
284. Amaro-Gahete FJ, De-la-O A, Jurado-Fasoli L, Dote-Montero M, Gutiérrez Á, Ruiz JR, **Castillo MJ**. Changes in Physical Fitness After 12 Weeks of Structured Concurrent Exercise Training, High Intensity Interval Training, or

Whole-Body Electromyostimulation Training in Sedentary Middle-Aged Adults: A Randomized Controlled Trial. **Front Physiol.** 2019 Apr 24;10:451. doi: 10.3389/fphys.2019.00451..

285. Amaro-Gahete FJ, De-la-O A, Jurado-Fasoli L, Espuch-Oliver A, de Haro T, Gutierrez A, Ruiz JR, **Castillo MJ**. Exercise training increases the S-Klotho plasma levels in sedentary middle-aged adults: A randomised controlled trial. The FIT-AGEING study. **J Sports Sci.** 2019 Oct;37(19):2175-2183.
286. Jurado-Fasoli L, Amaro-Gahete FJ, De-la-O A, Castillo MJ. Impact of different exercise training modalities on energy and nutrient intake and food consumption in sedentary middle-aged adults: a randomised controlled trial. **J Hum Nutr Diet.** 2019 Jul 3. doi: 10.1111/jhn.12673.
287. Amaro-Gahete FJ, De-la-O A, Jurado-Fasoli L, Ruiz JR, **Castillo MJ**. Association of basal metabolic rate and fuel oxidation in basal conditions and during exercise, with plasma S-klotho: the FIT-AGEING study. **Aging (Albany NY).** 2019 Aug 7;11(15):5319-5333.
288. Jurado-Fasoli L, De-la-O A, **Castillo MJ**, Amaro-Gahete FJ. Dietary differences between metabolically healthy overweight-obese and metabolically unhealthy overweight-obese adults. **Br J Nutr.** 2019 Nov 28;122(10):1113-1119.
289. De-la-O A, Jurado-Fasoli L, **Castillo MJ**, Gracia-Marco L, Gutierrez Á, Amaro-Gahete FJ. Relationship between 1,25-Dihydroxyvitamin D and Body Composition in Middle-Aged Sedentary Adults: The FIT-AGEING Study. **Nutrients.** 2019 Oct 24;11(11). pii: E2567. doi: 10.3390/nu11112567.
290. Amaro-Gahete FJ, De-la-O A, Jurado-Fasoli L, Martinez-Tellez B, Ruiz JR, **Castillo MJ**. Exercise Training as a Treatment for Cardiometabolic Risk in Sedentary Adults: Are Physical Activity Guidelines the Best Way to Improve Cardiometabolic Health? The FIT-AGEING Randomized Controlled Trial. **J Clin Med.** 2019 Dec 1;8(12). pii: E2097. doi: 10.3390/jcm8122097.
291. Pascual-Gamarra JM, Salazar-Tortosa DF, Labayen I, Rupérez AI, Leclercq C, Marcos A, Gómez S, Moreno LA, Meirhaeghe A, **Castillo MJ**, R Ruiz J. Association of UCP1, UCP2 and UCP3 gene polymorphisms with cardiovascular disease risk factors in European adolescents: the HELENA study. **Pediatr Res.** 2020 Aug;88(2):265-270. doi: 10.1038/s41390-019-0735-7. Epub 2020 Jan 3. PMID: 31899915.
292. Amaro-Gahete FJ, Jurado-Fasoli L, Sanchez-Delgado G, García-Lario JV, **Castillo MJ**, Ruiz JR. Relationship between plasma S-Klotho and cardiometabolic risk in sedentary adults. **Aging (Albany NY).** 2020 Jan 20;12(3):2698-2710. doi: 10.18632/aging.102771. Epub 2020 Jan 20. PMID: 31958773; PMCID: PMC7041759.
293. Jurado-Fasoli L, **Castillo MJ**, Amaro-Gahete FJ. Dietary Inflammatory Index and S-Klotho Plasma Levels in Middle-Aged Adults. **Nutrients.** 2020 Jan 21;12(2):281. doi: 10.3390/nu12020281. PMID: 31973171; PMCID: PMC7071529.
294. Jurado-Fasoli L, De-la-O A, Molina-Hidalgo C, Migueles JH, **Castillo MJ**, Amaro-Gahete FJ. Exercise training improves sleep quality: A randomized controlled trial. **Eur J Clin Invest.** 2020 Mar;50(3):e13202. doi: 10.1111/eci.13202. Epub 2020 Feb 12. PMID: 31989592.
295. Pascual-Gamarra JM, Salazar-Tortosa DF, Labayen I, Rupérez AI, Censi L, Béghin L, Michels N, Gonzalez-Gross M, Manios Y, Lambrinou CP, Moreno LA, Meirhaeghe A, **Castillo MJ**, Ruiz JR. Association between CNTF Polymorphisms and Adiposity Markers in European Adolescents. **J Pediatr.** 2020 Apr;219:23-30.e1. doi: 10.1016/j.jpeds.2019.12.036. Epub 2020 Feb 6. PMID: 32037156.
296. Amaro-Gahete FJ, De-la-O A, Jurado-Fasoli L, Sanchez-Delgado G, Ruiz JR, **Castillo MJ**. Metabolic rate in sedentary adults, following different exercise training interventions: The FIT-AGEING randomized controlled trial. **Clin Nutr.** 2020 Feb 8:S0261-5614(20)30049-2. doi: 10.1016/j.clnu.2020.02.001. Epub ahead of print. PMID: 32089371.
297. Dote-Montero M, De-la-O A, **Castillo MJ**, Amaro-Gahete FJ. Predictors of Sexual Desire and Sexual Function in Sedentary Middle-Aged Adults: The Role of Lean Mass Index and S-Klotho Plasma Levels. The FIT-AGEING Study. **J Sex Med.** 2020 Apr;17(4):665-677. doi: 10.1016/j.jsxm.2020.01.016. Epub 2020 Feb 20. PMID: 32089483.

298. Jurado-Fasoli L, Mochon-Benguigui S, **Castillo MJ**, Amaro-Gahete FJ. Association between sleep quality and time with energy metabolism in sedentary adults. **Sci Rep**. 2020 Mar 12;10(1):4598. doi: 10.1038/s41598-020-61493-2. PMID: 32165704; PMCID: PMC7067839.
299. Salazar-Tortosa DF, Pascual-Gamarra JM, Labayen I, Rupérez AI, Censi L, Béghin L, Michels N, Gonzalez-Gross M, Manios Y, Lambrinou CP, Marcos A, Moreno LA, Meirhaeghe A, **Castillo MJ**, Ruiz JR. Association between lipoprotein lipase gene polymorphisms and cardiovascular disease risk factors in European adolescents: The Healthy Lifestyle in Europe by Nutrition in Adolescence study. **Pediatr Diabetes**. 2020 Aug;21(5):747-757. doi: 10.1111/peidi.13035. Epub 2020 Jun 3. PMID: 32333632.
300. Amaro-Gahete FJ, Jurado-Fasoli L, Ruiz JR, **Castillo MJ**. Association of Basal Metabolic Rate and Nutrients Oxidation with Cardiometabolic Risk Factors and Insulin Sensitivity in Sedentary Middle-Aged Adults. **Nutrients**. 2020 Apr 23;12(4):1186. doi: 10.3390/nu12041186. PMID: 32340248; PMCID: PMC7230721.
301. Molina-Hidalgo C, De-la-O A, Dote-Montero M, Amaro-Gahete FJ, **Castillo MJ**. Influence of daily beer or ethanol consumption on physical fitness in response to a high-intensity interval training program. The BEER-HIIT study. **J Int Soc Sports Nutr**. 2020 May 27;17(1):29. doi: 10.1186/s12970-020-00356-7. PMID: 32460793; PMCID: PMC7254771.
302. Mochón-Benguigui S, Carneiro-Barrera A, **Castillo MJ**, Amaro-Gahete FJ. Is Sleep Associated with the S-Klotho Anti-Aging Protein in Sedentary Middle-Aged Adults? The FIT-AGEING Study. **Antioxidants (Basel)**. 2020 Aug 12;9(8):738. doi: 10.3390/antiox9080738. PMID: 32806634; PMCID: PMC7463654.
303. Salazar-Tortosa DF, Pascual-Gamarra JM, Labayen I, Rupérez AI, Censi L, Béghin L, Michels N, González-Gross M, Manios Y, Lambrinou CP, Moreno LA, Meirhaeghe A, **Castillo MJ**, Ruiz JR. Single nucleotide polymorphisms of ADIPOQ gene associated with cardiovascular disease risk factors in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence study. **J Hypertens**. 2020 Oct;38(10):1971-1979. doi: 10.1097/HJH.0000000000002502. PMID: 32890273.
304. Navarro-Lomas G, De-la-O A, Jurado-Fasoli L, **Castillo MJ**, Femia P, Amaro-Gahete FJ. Assessment of autonomous nerve system through non-linear heart rate variability outcomes in sedentary healthy adults. **PeerJ**. 2020 Nov 2;8:e10178. doi: 10.7717/peerj.10178. eCollection 2020.
305. Vaiserman A, Koliada A, Lushchak O, **Castillo MJ**. Repurposing drugs to fight aging: The difficult path from bench to bedside. **Med Res Rev**. 2020 Dec 13. doi: 10.1002/med.21773. Online ahead of print
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