

## Curriculum Vitae

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### 🎓 Education

- 2019 - Current **PhD in Physical Activity and Health**, Faculty of Sports, University of Porto  
📍 Porto, Portugal  
• Focused on accelerometry-based models to measure physical activity related to bone health.
- 2017 - 2019 **MSc in Physical Activity and Health**, Faculty of Sports, University of Porto  
📍 Porto, Portugal  
• Thesis: Calibration and validation of accelerometers: Establishing new equations for energy expenditure and ground reaction force prediction.
- 2012 - 2015 **BA in Physical Education**, Faculty Estácio of Alagoas  
📍 Maceió, Brasil

### 🏆 Awards

- 2022 **Best Communication in Physical Activity**, 25<sup>th</sup> Portuguese Congress of Obesity
- 2021 **Student Sponsorship**, ActiGraph Digital Data Summit
- 2020 **Best Oral Communication in Sports Sciences**, 13<sup>th</sup> Meeting of Young Researchers of University of Porto
- 2019 **Prize for Best Work in Physical Activity**, 23<sup>th</sup> Portuguese Congress of Obesity

### 📄 Papers

- 2022 **Comparison of Climacteric Symptoms, Quality of Life, and Self-Care Attitudes before and during the COVID-19 Pandemic.**  
*Journal of Menopausal Medicine*  
Oliveira Serra C, Gomes Leite PM, Bezerra AB, Freitas L, **Veras L**, Deda Costa M, Conceição Gonçalves LL, Yung dos Santos Maciel L
- 2022 **Effects of a Multicomponent Exercise Training Program on Balance Following Bariatric Surgery.**  
*International Journal of Sports Medicine*  
Diniz-Souza F, Granja T, Boppre G, **Veras L**, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2022 **Does Exercise Improve the Cardiometabolic Risk Profile of Patients with Obesity After Bariatric Surgery? A Systematic Review and Meta-analysis of Randomized Controlled Trials.**  
*Obesity Surgery*  
Boppre G, Diniz-Sousa F, **Veras L**, Oliveira J, Fonseca H

- 2022 **The Effect of Exercise for the Prevention of Bone Mass Loss After Bariatric Surgery: a Systematic Review and Meta-analysis.**  
*Obesity Surgery*  
 Diniz-Sousa F, Boppre G, **Veras L**, Hernández-Martínez A, Oliveira J, Fonseca H.
- 2021 **The effect of bariatric surgery on gravitational loading and its impact on bone mass.**  
*Bone*  
 Diniz-Sousa F, **Veras L**, Boppre G, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas- Boas JP, Oliveira J, Fonseca H.
- 2021 **Can exercise promote additional benefits on body composition in patients with obesity after bariatric surgery? A systematic review and meta-analysis of Randomized Controlled Trials.**  
*Obesity Science & Practice*  
 Boppre G, Diniz-Sousa F, **Veras L**, Oliveira J, Fonseca H
- 2021 **How Does Bariatric Surgery Affect Fall Risk Factors?.**  
*Obesity Surgery*  
 Diniz-Sousa F, **Veras L**, Boppre G, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas- Boas JP, Oliveira J, Fonseca H.
- 2021 **Wearable Devices for Physical Activity and Healthcare Monitoring in Elderly People: A Critical Review.**  
*Geriatrics*  
 Teixeira E, Fonseca H, Diniz-Sousa F, **Veras L**, Boppre G, Oliveira J, Pinto D, Alves AJ, Barbosa A, Mendes R, Marques-Aleixo I.
- 2021 **The Effect of an Exercise Intervention Program on Bone Health After Bariatric Surgery: A Randomized Controlled Trial.**  
*Journal of Bone and Mineral Research*  
 Diniz-Sousa F, **Veras L**, Boppre G, Sa-Couto P, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas- Boas JP, Oliveira J, Fonseca H.
- 2020 **Accelerometer-based prediction of skeletal mechanical loading during walking in normal weight to severely obese subjects.**  
*Osteoporosis International*  
**Veras L**, Diniz-Sousa F, Boppre G, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2020 **Accelerometry calibration in people with class II-III obesity: Energy expenditure prediction and physical activity intensity identification.**  
*Gait and Posture*  
 Diniz-Sousa F, **Veras L**, Ribeiro JC, Boppre G, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.

## Conference publications

- 2022 **Associations between gravitational loading intensity and bone mass in patients with class III obesity.**  
 In: World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases 2022  
 📍 Virtual  
**Veras L**, Diniz-Sousa F, Boppre G, Devezas V, Santos-Sousa H, Preto J, Vilas-Boas JP, Machado L, Oliveira J, Fonseca H.

- 2022 **The effect of non-weight bearing and weight-bearing physical activity on growth, bone metabolism and muscle mass in male Wistar rats.**  
In: World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases 2022  
📍 Virtual  
Freitas L, Bezerra A, Maciel L, Resende-Coelho A, **Veras L**, Amorim T, Fernandes RJ, Duarte J, Fonseca H.
- 2022 **Effect of swimming exercise on bone metabolism and trabecular microarchitecture: An eight-month follow-up study.**  
In: World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases 2022  
📍 Virtual  
Freitas L, Bezerra A, Maciel L, Resende-Coelho A, **Veras L**, Boppre G, Almeida M, Amorim T, Fernandes RJ, Duarte J, Fonseca H.
- 2022 **Effects of a multicomponent exercise training program after bariatric surgery on body weight, body composition, food intake and energy expenditure.**  
In: World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases 2022  
📍 Virtual  
Boppre G, Borges L, Diniz-Souza F, **Veras L**, Freitas L, Devezas V, Preto J, Santos-Sousa H, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2022 **Association between isokinetic muscle strength and body mass index from normal weight to obese class III.**  
In: World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases 2022  
📍 Virtual  
Resende-Coelho A, **Veras L**, Diniz-Souza F, Boppre G, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2021 **Mechanical loading prediction through accelerometry data during jumping.**  
In: 25<sup>th</sup> Portuguese Congress of Obesity  
📍 Lisbon, Portugal  
**Veras L**, Diniz-Souza F, Boppre G, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2021 **How is skeletal gravitational loading affected by bariatric surgery and how this affects bone mass of post-bariatric surgery patients?.**  
In: 25<sup>th</sup> Portuguese Congress of Obesity  
📍 Lisbon, Portugal  
Diniz-Souza F, **Veras L**, Boppre G, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2021 **Effects of a multicomponent exercise training program on cardiovascular health after bariatric surgery.**  
In: 25<sup>th</sup> Portuguese Congress of Obesity  
📍 Lisbon, Portugal  
Boppre G, Diniz-Souza F, **Veras L**, Devezas V, Preto J, Santos-Souza H, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2021 **Effects of a multicomponent exercise training on resting energy expenditure after bariatric surgery.**  
In: 25<sup>th</sup> Portuguese Congress of Obesity  
📍 Lisbon, Portugal  
Boppre G, Diniz-Souza F, **Veras L**, Devezas V, Preto J, Santos-Souza H, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.

- 2021 **Association between fat mass percentage and muscle strength in patients with obesity class II-III.**  
In: 25<sup>th</sup> Portuguese Congress of Obesity  
📍 Lisbon, Portugal  
Resende-Coelho A, Diniz-Sousa F, **Veras L**, Boppre G, Moutinho-Ribeiro E, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2021 **Relation between obesity and trunk muscle strength and imbalances between flexor and extensor muscles.**  
In: 25<sup>th</sup> Portuguese Congress of Obesity  
📍 Lisbon, Portugal  
Resende-Coelho A, Diniz-Sousa F, **Veras L**, Boppre G, Moutinho-Ribeiro E, Bezerra A, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2021 **Changes in bone quality assessed by high-resolution peripheral quantitative computed tomography after Roux-en-Y gastric bypass: A meta-analysis.**  
In: 25<sup>th</sup> Portuguese Congress of Obesity  
📍 Lisbon, Portugal  
Hernández-Martínez A, Diniz-Souza F, **Veras L**, Boppre G, Oliveira J, Fonseca H.
- 2021 **Changes in volumetric bone mineral density by quantitative computed tomography or high-resolution peripheral quantitative computed tomography after gastric bypass surgery and its relation with dual-energy x-ray absorptiometry estimates of areal bone mineral density lossess: A meta-analysis.**  
In: 25<sup>th</sup> Portuguese Congress of Obesity  
📍 Lisbon, Portugal  
Hernández-Martínez A, Diniz-Souza F, **Veras L**, Boppre G, Oliveira J, Fonseca H.
- 2021 **Qual a influência dos padrões sócio comportamentais no índice de massa corporal em mulheres climatéricas?.**  
In: 25<sup>th</sup> Portuguese Congress of Obesity  
📍 Lisbon, Portugal  
Maciel L, Leite P, Oliveira C, Leirós-Rodriguez R, Silva JP, Boppre G, Abdalla P, Resende-Coelho A, Bezerra A, Freitas L, **Veras L**, Mota J, Fonseca H, Deda M.
- 2021 **Influência do isolamento social nos aspectos físicos e emocionais durante o período de pandemia da COVID-19.**  
In: 25<sup>th</sup> Portuguese Congress of Obesity  
📍 Lisbon, Portugal  
Maciel L, Farias J, Silva JP, Lima B, Almeida T, Boppre G, Abdalla P, Resende-Coelho A, Bezerra A, Freitas L, **Veras L**, Monteiro Silva Júnior W, Farias Neto J, Mota J, Fonseca H.
- 2021 **Are the effects of a multicomponent exercise training on knee muscle strength after bariatric surgery mediated by lean mass?.**  
In: 4<sup>th</sup> Annual Conference of the Strength & Conditioning Society  
📍 Porto, Portugal  
**Veras L**, Diniz-Sousa F, Boppre G, Devezas V, Santos-Sousa H, Preto J, Vilas-Boas JP, Machado L, Oliveira J, Fonseca H.

- 2021 **Effects of a multicomponent exercise training program on lean mass loss attenuation after bariatric surgery.**  
In: 4<sup>th</sup> Annual Conference of the Strength & Conditioning Society  
📍 Porto, Portugal  
Boppre G, Diniz-Sousa F, **Veras L**, Devezas V, Preto J, Santos-Souza H, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2021 **Association between excess weight and trunk muscle strength.**  
In: 4<sup>th</sup> Annual Conference of the Strength & Conditioning Society  
📍 Porto, Portugal  
Resende-Coelho A, Diniz-Sousa F, **Veras L**, Boppre G, Moutinho-Ribeiro E, Devezas V, Santos-Souza H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2020 **Walking ground reaction force prediction based on raw acceleration in normal weight to severely obese subjects.**  
In: 13<sup>th</sup> Meeting of Young Researchers of University of Porto  
📍 Porto, Portugal  
**Veras L**, Diniz-Sousa F, Boppre G, Devezas V, Santos-Souza H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2020 **Effects of bariatric surgery and an exercise intervention on physical activity in severe obese patients.**  
In: 13<sup>th</sup> Meeting of Young Researchers of University of Porto  
📍 Porto, Portugal  
Seixas E, Diniz-Sousa F, Boppre G, **Veras L**, Granja T, Pereira F, Villares A, Fonseca H, Oliveira J.
- 2020 **Effects of a physical exercise program on bone metabolism of obese patients undergoing bariatric surgery.**  
In: 13<sup>th</sup> Meeting of Young Researchers of University of Porto  
📍 Porto, Portugal  
Villares A, Diniz-Sousa F, Boppre G, **Veras L**, Oliveira J, Fonseca H.
- 2020 **Does participation in a multicomponent exercise training program provide added cardiometabolic risk factors following bariatric surgery compared to surgery alone?.**  
In: 13<sup>th</sup> Meeting of Young Researchers of University of Porto  
📍 Porto, Portugal  
Silva-Pereira F, Boppre G, **Veras L**, Diniz-Sousa F, Fonseca H, Oliveira J, Machado L, Vilas-Boas JP.
- 2019 **Accelerometer calibration: The importance of individual resting metabolic rate measurement to correctly identify moderate-to-vigorous physical activity intensity.**  
In: 23<sup>rd</sup> Portuguese Congress of Obesity  
📍 Braga, Portugal  
**Veras L**, Diniz-Sousa F, Boppre G, Devezas V, Santos-Souza H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2019 **Moderate-to-vigorous physical activity intensity cut-point for walking steps in patients with class II-III obesity.**  
In: 23<sup>rd</sup> Portuguese Congress of Obesity  
📍 Braga, Portugal  
**Veras L**, Diniz-Sousa F, Boppre G, Devezas V, Santos-Souza H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.

- 2019 **Is the correct accelerometer placement at the waist such a big deal?**  
 In: 23<sup>rd</sup> Portuguese Congress of Obesity  
 📍 Braga, Portugal  
**Veras L**, Diniz-Sousa F, Boppre G, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2019 **The effect of ActiGraph filtering on raw acceleration metrics and its influence on energy expenditure prediction accuracy.**  
 In: 23<sup>rd</sup> Portuguese Congress of Obesity  
 📍 Braga, Portugal  
**Veras L**, Diniz-Sousa F, Boppre G, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2019 **Development of walking energy expenditure prediction models for patients with severe obesity based on raw acceleration and its comparison with those developed for non-obese subjects.**  
 In: 23<sup>rd</sup> Portuguese Congress of Obesity  
 📍 Braga, Portugal  
**Veras L**, Diniz-Sousa F, Boppre G, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2019 **Effectiveness of an exercise intervention program on the prevention of bone mineral density loss 1-year after bariatric surgery: BaSEIB clinical trial.**  
 In: 23<sup>rd</sup> Portuguese Congress of Obesity  
 📍 Braga, Portugal  
 Diniz-Sousa F, Boppre G, Villares A, **Veras L**, Seixas E, Pereira F, Granja T, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.
- 2019 **Exercise training effectiveness on the improvement of clinical cardiometabolic risk factors after Roux-en-Y Gastric Bypass: A systematic review and meta-analysis.**  
 In: 23<sup>rd</sup> Portuguese Congress of Obesity  
 📍 Braga, Portugal  
 Boppre G, Diniz-Sousa F, **Veras L**, Oliveira J, Fonseca H
- 2018 **Estimation of ground reaction forces during walking in adult patients with class II-III obesity based on accelerometer data.**  
 In: 22<sup>nd</sup> Portuguese Congress of Obesity  
 📍 Lisbon, Portugal  
**Veras L**, Diniz-Sousa F, Boppre G, Devezas V, Santos-Sousa H, Preto J, Machado L, Vilas-Boas JP, Oliveira J, Fonseca H.