

Curriculum Vitae

🎓 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

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

📄 Papers

- 2022 **Mechanical loading prediction through accelerometry data during walking and running.**
European Journal of Sport Science
Veras L, Diniz-Sousa F, Boppre G, Resende-Coelho A, Moutinho-Ribeiro E, Devezas V, Santos-Sousa H, Preto J, Vilas-Boas JP, Machado L, Oliveira J, Fonseca H
- 2022 **Changes in volumetric bone mineral density and bone quality after Roux-en-Y gastric bypass: A meta-analysis with meta-regression.**
Obesity Reviews
Hernández-Martínez A, **Veras L**, Boppre G, Soriano-Maldonado A, Oliveira J, Diniz-Souza F, Fonseca H.
- 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.

Book chapters

- 2022 **Capítulo 3: Indentificação da sarcopenia mediante antropometria e testes funcionais simples.**
In: Experiências em testes e medidas do exercício físico no contexto da saúde.
Bookerfield: São Paulo, Brazil
Pugliesi Abdalla P, Boppre GF, Yung dos Santos Maciel L, **Veras L**, Pereira dos Santos A, Bohn L, Mota J, Lopes Machado DR.

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-Sousa 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: 25th 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.
- 2021 **How is skeletal gravitational loading affected by bariatric surgery and how this affects bone mass of post-bariatric surgery patients?.**
In: 25th Portuguese Congress of Obesity
📍 Lisbon, Portugal
Diniz-Sousa 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: 25th Portuguese Congress of Obesity
📍 Lisbon, 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 **Effects of a multicomponent exercise training on resting energy expenditure after bariatric surgery.**
In: 25th Portuguese Congress of Obesity
📍 Lisbon, 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 fat mass percentage and muscle strength in patients with obesity class II-III.**
In: 25th 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: 25th 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: 25th 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: 25th 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: 25th 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: 25th 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: 4th 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: 4th 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: 4th 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-Sousa 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: 13th Meeting of Young Researchers of University of Porto
📍 Porto, Portugal
Veras L, Diniz-Sousa F, Boppre G, Devezas V, Santos-Sousa 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: 13th 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: 13th 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: 13th 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: 23rd 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 **Moderate-to-vigorous physical activity intensity cut-point for walking steps in patients with class II-III obesity.**
In: 23rd 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 **Is the correct accelerometer placement at the waist such a big deal?.**
In: 23rd 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: 23rd 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: 23rd 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: 23rd 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: 23rd 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: 22nd 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.

Reviews for journals

- Frontiers in Sports and Active Living
- Journal of Orthopedics and Orthopedic Surgery