

Fecha del CVA	15/09/2025
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Parte A. DATOS PERSONALES

Nombre *	Laura		
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* Obligatorio

A.1. Situación profesional actual

Puesto	Profesor Ayudante Doctor		
Fecha inicio	2025		
Organismo / Institución	Universidad de Valladolid		
Departamento / Centro			
País	España	Teléfono	
Palabras clave	Ciencias naturales y ciencias de la salud		

A.2. Situación profesional anterior

Periodo	Puesto / Institución / País
2024 - 2025	Personal Investigador Postdoctoral / University of California-San Diego
2022 - 2023	Personal Investigador Postdoctoral / Universidad de Castilla-La Mancha / España
2019 - 2022	Personal Investigador Predoctoral / Universidad de Castilla-La Mancha
2019 - 2019	Investigador visitante / Instituto Karolinska / Suecia

A.3. Formación académica

Grado/Master/Tesis	Universidad / País	Año
Programa Oficial de Doctorado en Investigación Sociosanitaria	Universidad de Castilla-La Mancha	2022
Máster en Nutrigenómica y Nutrición Personalizada	Universidad de las Islas Baleares	2018
Título Oficial de Experimentación Animal, Categoría B	Universitat Rovira i Virgili	2018
Graduado o Graduada en Nutrición Humana y Dietética	Universidad Complutense de Madrid	2017

Parte C. MÉRITOS MÁS RELEVANTES

C.1. Publicaciones

AC: Autor de correspondencia; (nº x / nº y): posición firma solicitante / total autores. Si aplica, indique el número de citaciones

- 1 Mora-Rodriguez, Ricardo; Morales-Palomo, Felix; (3/5) Alvarez-Jimenez, Laura; Mora-Gonzalez Diego; Moreno-Cabanas, Alfonso. 2025. Can exercise potentiate the effects of habitual medicines to lower blood pressure, blood lipids, and blood glucose?. EXERCISE, SPORTS, AND MOVEMENT. 3-1s. <https://doi.org/10.1249/ESM.0000000000000039>
- 2 Moreno-Cabanas, Alfonso; Morales-Palomo, Felix; (3/7) Alvarez-Jimenez, Laura; Mora-Gonzalez Diego; Garcia-Camacho Eva; Martinez-Mulero, Belen; Mora-Rodriguez, Ricardo. 2025. Clinical and physiological effects of high-intensity aerobic training on metabolic syndrome: understanding the individual exercise response variability. JOURNAL OF APPLIED PHYSIOLOGY. 138-1. <https://doi.org/10.1152/jappphysiol.00501.2024>
- 3 Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; (3/5) Alvarez-Jimenez, Laura; Mora-Gonzalez Diego; Mora-Rodriguez, Ricardo. 2025. Long-Term Effects of High-Intensity Aerobic Training on Metabolic Syndrome: An 8-Year Follow-Up Randomized Clinical Trial. JOURNAL OF CACHEXIA SARCOPENIA AND MUSCLE. 16-2. <https://doi.org/10.1002/jcsm.13780>
- 4 Mora-Rodriguez, Ricardo; (2/5) Moreno-Cabanas, Alfonso; Alvarez-Jimenez, Laura; Mora-Gonzalez Diego; Morales-Palomo, Felix. 2024. A bout of aerobic exercise in the heat increases carbohydrate use but does not enhance the disposal of an oral glucose load, in healthy active individuals. AMERICAN JOURNAL OF PHYSIOLOGY-ENDOCRINOLOGY AND METABOLISM. <https://doi.org/10.1152/ajpendo.00312.2023>
- 5 (1/6) Morales-Palomo, Felix; Alvarez-Jimenez, Laura; Moreno-Cabanas, Alfonso; Mora-Gonzalez Diego; Ortega, Juan Fernando; Mora-Rodriguez, Ricardo. 2024. Effects Of An Eight-year Exercise Intervention On Metabolic Syndrome And Medication Use. A Randomized Clinical Trial. MEDICINE & SCIENCE IN SPORTS & EXERCISE. <https://doi.org/10.1016/j.numecd.2024.05.021>
- 6 Mora-Gonzalez Diego; Moreno-Cabanas, Alfonso; (3/6) Alvarez-Jimenez, Laura; Morales-Palomo, Felix; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2024. Glucose volume of distribution affects insulin sensitivity measured by intravenous glucose tolerance test. SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS. 34-2. <https://doi.org/10.1111/sms.14574>
- 7 Mora-Rodriguez, Ricardo; Moreno-Cabanas, Alfonso; (3/5) Alvarez-Jimenez, Laura; Mora-Gonzalez Diego; Morales-Palomo, Felix. 2024. High-Intensity Intervallic Exercise (HIIE) Is Superior to Isocaloric Moderate-Intensity Continuous Exercise (MICE) at Reducing Postprandial Hyperglycemia. MEDICINE & SCIENCE IN SPORTS & EXERCISE. <https://doi.org/10.1249/MSS.0000000000003625>
- 8 Fokion Spanos; Gorka Gerenu; Julen Goikolea; et al; Raúl Loera-Valencia; (7/13) Alvarez-Jimenez, Laura. 2024. Impaired astrocytic synaptic function by peripheral cholesterol metabolite 27-hydroxycholesterol. FRONTIERS IN CELLULAR NEUROSCIENCE. 18. <https://doi.org/10.3389/fncel.2024.1347535>
- 9 (1/6) Moreno-Cabanas, Alfonso; Morales-Palomo, Felix; Alvarez-Jimenez, Laura; Mora-Gonzalez Diego; Ortega, Juan Fernando; Mora-Rodriguez, Ricardo. 2024. Metformin Attenuates Post-exercise Heart Rate Recovery In Prediabetic And Diabetic Individuals. MEDICINE & SCIENCE IN SPORTS & EXERCISE. <https://doi.org/10.1016/j.numecd.2024.05.021>
- 10 (1/6) Alvarez-Jimenez, Laura; Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; Mora-Gonzalez Diego; Turrillas Mari Carmen; Mora-Rodriguez, Ricardo. 2024. Time-Course Atherogenic Blood Lipid Response to Statin Discontinuation in Dyslipidemic Adults. NUTRITION METABOLISM AND CARDIOVASCULAR DISEASES. <https://doi.org/10.1016/j.numecd.2024.05.021>
- 11 (1/6) Alvarez-Jimenez L; Morales-Palomo F; Moreno-Cabañas A; Ortega JF; Mora-Gonzalez D; Mora-Rodriguez R. 2023. Acute statin withdrawal does not interfere with the improvements of a session of exercise in postprandial metabolism. THE JOURNAL OF CLINICAL ENDOCRINOLOGY AND METABOLISM. ISSN 0021-972X. <https://doi.org/10.1210/clinem/dgad477>

- 12 (1/5) Alvarez-Jimenez, Laura; Moreno-Caban, Alfonso; Morales-Palomo, Felix; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2023. Chronic Statin Treatment Does Not Impair Exercise Lipolysis or Fat Oxidation in Exercise-Trained Individuals With Obesity and Dyslipidemia. INTERNATIONAL JOURNAL OF SPORT NUTRITION AND EXERCISE METABOLISM. ISSN 1526-484X. <https://doi.org/10.1123/ijsnem.2022-0175>
- 13 Moreno-Cabanas, Alfonso; Morales-Palomo, Felix; (3/6) Alvarez-Jimenez, Laura; Mora-Gonzalez Diego; Ortega, Juan Fernando; Mora-Rodriguez, Ricardo. 2023. Combining Exercise And Metformin Improves Insulin Sensitivity In Individuals With Type 2 Diabetes. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 55, pp.641-642. <https://doi.org/10.1249/01.mss.0000875884.06938.9c>
- 14 Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; (3/5) Alvarez-Jimenez, Laura; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2023. Effect of Yearly Exercise on Medication Expense and Benefit-Cost Ratio in Individuals with Metabolic Syndrome: A Randomized Clinical Trial. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 55. ISSN 0195-9131. <https://doi.org/10.1249/MSS.0000000000003053>
- 15 (1/5) Alvarez-Jimenez, Laura; Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2023. Effects of Statins on Fat Oxidation Improvements After Aerobic Exercise Training. JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM. 108. ISSN 0021-972X. <https://doi.org/10.1210/clinem/dgac668>
- 16 (1/5) Alvarez-Jimenez, Laura; Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2023. Effects of statin therapy on glycemic control and insulin resistance: A systematic review and meta-analysis. EUROPEAN JOURNAL OF PHARMACOLOGY. 947. ISSN 0014-2999. <https://doi.org/10.1016/j.ejphar.2023.175672>
- 17 Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; (3/6) Alvarez-Jimenez, Laura; Diego, Mora-Gonzalez; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2023. Efficacy of morning versus afternoon aerobic exercise training on reducing metabolic syndrome components: A randomized controlled trial. THE JOURNAL OF PHYSIOLOGY. 0.0, pp.1-15. <https://doi.org/10.1113/JP285366>
- 18 Moreno-Cabañas A; Morales-Palomo F; (3/6) Alvarez-Jimenez L; Mora-Gonzalez D; Ortega JF; Mora-Rodriguez R. 2023. Metformin and exercise effects on postprandial insulin sensitivity and glucose kinetics in pre-diabetic and diabetic adults. AMERICAN JOURNAL OF PHYSIOLOGY. ENDOCRINOLOGY AND METABOLISM. 325, pp.E310-E324. ISSN 0193-1849. <https://doi.org/10.1152/ajpendo.00118.2023>
- 19 Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; (3/6) Alvarez-Jimenez, Laura; Diego, Mora-Gonzalez; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2023. The Effect Of Exercise Timing On Metabolic Syndrome Management. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 55, pp.908-909. <https://doi.org/10.1249/01.mss.0000988296.86994.3a>
- 20 Ramirez-Jimenez, Miguel; Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; (4/6) Alvarez-Jimenez, Laura; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2022. Aerobic exercise training improves nocturnal blood pressure dipping in medicated hypertensive individuals. BLOOD PRESSURE MONITORING. 27. ISSN 1359-5237. <https://doi.org/10.1097/MBP.0000000000000598>
- 21 Mora-Rodriguez, Ricardo; Moreno-Cabanas, Alfonso; (3/8) Alvarez-Jimenez, Laura; Ramirez-Jimenez, Miguel; Morales-Palomo, Felix; Gomez-Gomez, Fabio; Mora-Gonzalez, Diego; Ortega, Juan F. 2022. Effect Of Increasing Glycogen Use, By Exercising In A Hot Environment, On Postprandial Hyperglycemia. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 54. ISSN 0195-9131. <https://doi.org/10.1249/01.mss.0000880136.76706.a1>
- 22 (1/6) Alvarez-Jimenez, Laura; Moreno-Cabanas, Alfonso; Ramirez-Jimenez, Miguel; Morales-Palomo, Felix; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2022. Effectiveness of statins vs. exercise on reducing postprandial hypertriglyceridemia in dyslipidemic population: A systematic review and network meta-analysis. JOURNAL OF SPORT AND HEALTH SCIENCE. 11. ISSN 2095-2546. <https://doi.org/10.1016/j.jshs.2021.07.006>
- 23 Moreno-Cabanas, Alfonso; Morales-Palomo, Felix; Ramirez-Jimenez, Miguel; (4/6) Alvarez-Jimenez, Laura; Ortega, Juan Fernando; Mora-Rodriguez, Ricardo. 2022. Effects Of Metformin On Training Adaptations In Hyperglycemic Individuals With Metabolic Syndrome. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 54. ISSN 0195-9131. <https://doi.org/10.1249/01.mss.0000875884.06938.9c>

- 24 Moreno-Cabanas, Alfonso; Morales-Palomo, Felix; (3/5) Alvarez-Jimenez, Laura; Fernando Ortega, Juan; Mora-Rodriguez, Ricardo. 2022. Effects of chronic metformin treatment on training adaptations in men and women with hyperglycemia: A prospective study. OBESITY. 30. ISSN 1930-7381. <https://doi.org/10.1002/oby.23410>
- 25 (1/4) Alvarez-Jimenez, Laura; Moreno-Cabanas, Alfonso; Morales-Palomo, Felix; Mora-Rodriguez, Ricardo. 2022. Effects of metabolic syndrome on fuel utilization during exercise in middle-aged moderately trained individuals. JOURNAL OF APPLIED PHYSIOLOGY. 132. ISSN 8750-7587. <https://doi.org/10.1152/jappphysiol.00040.2022>
- 26 (1/6) Alvarez-Jimenez, Laura; Morales-Palomo, Felix; Ramirez-Jimenez, Miguel; Moreno-Cabanas, Alfonso; Fernando Ortega, Juan; Mora-Rodriguez, Ricardo. 2022. Effects of statins on substrate utilization during exercise. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 54. ISSN 0195-9131. <https://doi.org/10.1249/01.mss.0000876476.68019.b1>
- 27 Mora-Rodriguez, Ricardo; Ortega, Juan Fernando; Morales-Palomo, Felix; Ramirez-Jimenez, Miguel; Moreno-Cabanas, Alfonso; (6/6) Alvarez-Jimenez, Laura. 2022. Endurance Exercise Training reduces Blood Pressure according to the Wilder's Principle (Sep, 10.1055/a-1548-6985, 2021). INTERNATIONAL JOURNAL OF SPORTS MEDICINE. 43. ISSN 0172-4622. <https://doi.org/10.1055/a-1676-9516>
- 28 Moreno-Cabanas, Alfonso; Fernando Ortega, Juan; Morales-Palomo, Felix; Ramirez-Jimenez, Miguel; (5/6) Alvarez-Jimenez, Laura; Mora-Rodriguez, Ricardo. 2022. One Bout of Resistance Training Does Not Enhance Metformin Actions in Pre- and Diabetic Individuals. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 53. ISSN 0195-9131. <https://doi.org/10.1249/MSS.0000000000002889>
- 29 (1/5) Alvarez-Jimenez, Laura; Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; Fernando Ortega, Juan; Mora-Rodriguez, Ricardo. 2022. Statins effect on insulin resistance after a meal and exercise in hypercholesterolemic pre-diabetic individuals. SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS. 32. ISSN 0905-7188. <https://doi.org/10.1111/sms.14193>
- 30 Ramirez-Jimenez, Miguel; Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; (4/6) Alvarez-Jimenez, Laura; Ortega, Juan Fernando; Mora-Rodriguez, Ricardo. 2021. Antihypertensive Medication And Exercise-training Join Their Effects To Reduce Blood Pressure In Hypertensive Metabolic Syndrome Individuals. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 53. ISSN 0195-9131. <https://doi.org/10.1249/01.mss.0000764376.14322.80>
- 31 Moreno-Cabanas, Alfonso; Ortega, Juan Fernando; Morales-Palomo, Felix; Ramirez-Jimenez, Miguel; (5/6) Alvarez-Jimenez, Laura; Mora-Rodriguez, Ricardo. 2021. Concurrent endurance and resistance training enhances muscular adaptations in individuals with metabolic syndrome. SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS. 31. ISSN 0905-7188. <https://doi.org/10.1111/sms.13950>
- 32 Ramirez-Jimenez, Miguel; Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; (4/6) Alvarez-Jimenez, Laura; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2021. Effects of antihypertensive medication and high-intensity interval training in hypertensive metabolic syndrome individuals. SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS. 31. ISSN 0905-7188. <https://doi.org/10.1111/sms.13949>
- 33 (1/6) Alvarez-Jimenez, Laura; Moreno-Cabanas, Alfonso; Ramirez-Jimenez, Miguel; Morales-Palomo, Felix; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2021. Effects of statins and exercise on postprandial lipoproteins in metabolic syndromevs metabolically healthy individuals. BRITISH JOURNAL OF CLINICAL PHARMACOLOGY. 87. ISSN 0306-5251. <https://doi.org/10.1111/bcp.14447>
- 34 Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; Ramirez-Jimenez, Miguel; (4/8) Alvarez-Jimenez, Laura; Valenzuela, Pedro L.; Lucia, Alejandro; Ortega, Juan F.; Mora-Rodriguez, Ricardo. 2021. Exercise Reduces Medication for Metabolic Syndrome Management: A 5-Year Follow-up Study. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 53. ISSN 0195-9131. <https://doi.org/10.1249/MSS.0000000000002591>

- 35 Arroyo-Garcia, Luis Enrique; Isla, Arturo G.; Andrade-Talavera, Yuniesky; et al; Fisahn, Andre; (6/10) Alvarez-Jimenez, Laura. 2021. Impaired spike-gamma coupling of area CA3 fast-spiking interneurons as the earliest functional impairment in the App(NL-G-F) mouse model of Alzheimer's disease. MOLECULAR PSYCHIATRY. 26. ISSN 1359-4184. <https://doi.org/10.1038/s41380-021-01257-0>
- 36 Moreno-Cabanas, Alfonso; Fernando Ortega, Juan; Morales-Palomo, Felix; Ramirez-Jimenez, Miguel; (5/6) Alvarez-Jimenez, Laura; Mora-Rodriguez, Ricardo. 2021. One Bout Of Resistance Exercise Does Not Interfere With Metformin Antidiabetic Actions In Individuals With Metabolic Syndrome. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 53. ISSN 0195-9131. <https://doi.org/10.1249/01.mss.0000764428.80520.ab>
- 37 (1/6) Alvarez-Jimenez, Laura; Morales-Palomo, Felix; Ramirez-Jimenez, Miguel; Moreno-Cabanas, Alfonso; Fernando Ortega, Juan; Mora-Rodriguez, Ricardo. 2021. Statin Use Does Not Impair Insulin Sensitivity In Hypercholesterolemic Pre-diabetic Individuals. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 53. ISSN 0195-9131. <https://doi.org/10.1249/01.mss.0000762480.65038.80>
- 38 Moreno-Cabanas, Alfonso; Ortega, Juan Fernando; Morales-Palomo, Felix; Ramirez-Jimenez, Miguel; (5/6) Alvarez-Jimenez, Laura; Mora-Rodriguez, Ricardo. 2021. Substitution of parts of aerobic training by resistance training lowers fasting hyperglycemia in individuals with metabolic syndrome. APPLIED PHYSIOLOGY NUTRITION AND METABOLISM. 46. ISSN 1715-5312. <https://doi.org/10.1139/apnm-2020-0281>
- 39 Ortega, Juan F.; Moreno-Cabanas, Alfonso; Morales-Palomo, Felix; Ramirez-Jimenez, Miguel; (5/6) Alvarez-Jimenez, Laura; Mora-Rodriguez, Ricardo. 2021. Vo2max Improvement After High-intensity Interval Training Is Not High-intensity Dependent In Metabolic Syndrome Patients. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 53. ISSN 0195-9131. <https://doi.org/10.1249/01.mss.0000764540.78472.7b>
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- 41 Ramirez-Jimenez, Miguel; Morales-Palomo, Felix; Moreno-Cabanas, Alfonso; Ortega, Juan Fernando; (5/6) Alvarez-Jimenez, Laura; Mora-Rodriguez, Ricardo. 2020. Aerobic Exercise Training Enhances The Blood Pressure-lowering Effect Of Antihypertensive Medication. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 52. ISSN 0195-9131. <https://doi.org/10.1249/01.mss.0000684792.26827.81>
- 42 Mora-Rodriguez, Ricardo; Ortega, Juan F.; Morales-Palomo, Felix; Ramirez-Jimenez, Miguel; Moreno-Cabanas, Alfonso; (6/6) Alvarez-Jimenez, Laura. 2020. Effects Of Statins Therapy And Exercise On Postprandial Triglycerides In Overweight Individuals With Hypercholesterolemia. MEDICINE & SCIENCE IN SPORTS & EXERCISE. 52. ISSN 0195-9131. <https://doi.org/10.1249/01.mss.0000684796.05835.e1>
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