

ABOUT THE AUTHOR



Analiza Mónica Silva was born on October 1st, 1974, Luanda, Angola. She attended primary school (1980), junior middle school (1984), and high school (1990) in Cacém-Sintra.

She obtained her bachelor's in Sport Sciences in the Faculty of Human Movement, Technical University of Lisbon (1997). She obtained her Master in Science degree in Exercise and Health in 2002. Meanwhile in 2001 she started her PhD with a scholarship supported by the Portuguese Foundation for Science and Technology. During this period she went to St. Luke's-Roosevelt Hospital Center, Columbia University, New York, where she stayed for about 6 months performing body composition research at the Obesity Research Center with Dr. Steven Heymsfield, Dr. ZiMian Wang, Dr Richard Jr. Pierson, Dr. Wei Shen, and Dr Stanley Heshka, relevant researchers in human body composition (2003-2004). During this time she developed four papers, three of them published and one more in review.

Human body composition assessment is her main interest area, including the evaluation and tracking of body composition changes during a weight management

program; Evaluation and body composition counseling in athletes; Monitorization and assessment of body composition in special populations, namely, children, elderly, and obese, including certain diseases, namely, severe obesity, renal insufficiency, heart failure, anorexia.