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Elisa graduated with a first degree in Sports Sciences and Physical Education (2004) and an MSc in Physical Activity and Health (2008), both from the University of Porto (Portugal). In 2011, she completed her PhD entitled “Exercise Training, Bone and Ageing: Evidence from Different Impact Loading Exercise Interventions on Age-Related Bone Loss” also at the University of Porto, supervised by Dr Joana Carvalho and Professor Jorge Mota.

From 2014 to 2018, Elisa joined the National Institute on Aging– National Institutes of Health (USA), where she worked as a Research Fellow. Elisa is a Faculty member at the University of Maia (Portugal) and she became Associate Professor in 2019 before joining Loughborough University in 2022.

On her current role as a post-doctoral researcher, Elisa has been focusing on investigating muscle and bone adaptations to Explosive High Velocity Resistance Training in Healthy Women.