

**Exercise effects on bone mineral density, falls, coronary risk factors, and health care costs in older women: the randomized controlled senior fitness and prevention (SEFIP) study**

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Archives of internal medicine

2010; 170(2):179-185

**ARTICLE IDENTIFIERS**

DOI: 10.1001/archinternmed.2009.499

PMID: 20101013

PMCID: not available

**JOURNAL IDENTIFIERS**

LCCN: not available

pISSN: 0003-9926

eISSN: 1538-3679

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

This article was identified from a query of the SafetyLit database.