

Effects of different types of physical activity on the cognitive functions and attention in older people: a randomised controlled study

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Experimental gerontology

2015; 70:105-110

ARTICLE IDENTIFIERS

DOI: 10.1016/j.exger.2015.07.008

PMID: 26183691

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 0531-5565

eISSN: 1873-6815

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.