

Effects of Nordic walking training on quality of life, balance and functional mobility in elderly: a randomized clinical trial

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PLoS one

2019; 14(1):e0211472

ARTICLE IDENTIFIERS

DOI: 10.1371/journal.pone.0211472

PMID: 30699211

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2006214532

pISSN: not available

eISSN: 1932-6203

OCLC ID: 228234657

CONS ID: not available

US National Library of Medicine ID: 101285081

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