

Promoting walking among office employees - evaluation of a randomized controlled intervention with pedometers and e-mail messages

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BMC public health

2012; 12(1):403

ARTICLE IDENTIFIERS

DOI: 10.1186/1471-2458-12-403

PMID: 22672576

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2001227315

pISSN: not available

eISSN: 1471-2458

OCLC ID: 47666345

CONS ID: not available

US National Library of Medicine ID: 100968562

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