

A theory-based, task-oriented, outdoor walking programme for older adults with difficulty walking outdoors: protocol for the Getting Older Adults Outdoors (GO-OUT) randomised controlled trial

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BMJ open

2019; 9(4):e029393

ARTICLE IDENTIFIERS

DOI: 10.1136/bmjopen-2019-029393

PMID: 31005945

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2011262022

pISSN: not available

eISSN: 2044-6055

OCLC ID: 704594764

CONS ID: not available

US National Library of Medicine ID: 101552874

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