

# **Effect of frequency of exercise on cognitive function in older adults: serial mediation of depression and quality of sleep**

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International journal of environmental research and public health

2020; 17(3):e709

## **ARTICLE IDENTIFIERS**

DOI: 10.3390/ijerph17030709

PMID: 31979038

PMCID: not available

## **JOURNAL IDENTIFIERS**

LCCN: 2005243248

pISSN: 1661-7827

eISSN: 1660-4601

OCLC ID: 57519745

CONS ID: not available

US National Library of Medicine ID: 101238455

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