

The effect of Pilates exercise on the happiness and depression of elderly women: a clinical trial study

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Journal of sports medicine and physical fitness

2020; ePub(ePub):ePub

ARTICLE IDENTIFIERS

DOI: 10.23736/S0022-4707.20.10730-8

PMID: 32734750

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 0022-4707

eISSN: 1827-1928

OCLC ID: 01590778

CONS ID: sn 80013965

US National Library of Medicine ID: 0376337

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