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Alan jette | bu profiles

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Ask anyone to guess which age group is least likely to be meeting recommended physical activity guidelines, and they'll opt for children. So here's a statistic that

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70% or more of older adults do not engage in regular exercise (Jette, et.al it's never too late: The strong-for-life program. American Journal

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How to Exercise in Your Hotel Room; Slowing Down Muscle Loss; What is Weight-Bearing Exercise?

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