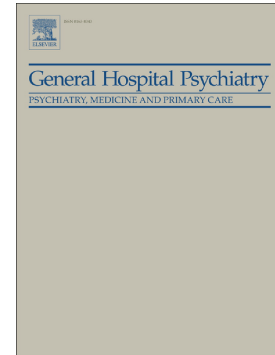


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Effects of a Randomized Exercise Trial on Physical Activity, Psychological Distress and Quality
of Life in Older Adults

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Keywords: older adults; physical activity; psychological distress; quality of life

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