

Accepted Manuscript

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PII: S0091-7435(17)30183-4
DOI: doi: [10.1016/j.ypped.2017.05.020](https://doi.org/10.1016/j.ypped.2017.05.020)
Reference: YPMED 5033
To appear in: *Preventive Medicine*
Received date: 7 September 2016
Revised date: 11 January 2017
Accepted date: 27 May 2017

Please cite this article as: Josefine Panten, Rachael C. Stone, Joseph Baker , Balance is key: Exploring the impact of daily self-reported physical activity and sedentary behaviours on the subjective health status of older adults, *Preventive Medicine* (2016), doi: [10.1016/j.ypped.2017.05.020](https://doi.org/10.1016/j.ypped.2017.05.020)

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Balance is key: Exploring the impact of daily self-reported physical activity and sedentary behaviours on the subjective health status of older adults

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Main text word count: 3327

Abstract word count: 168

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