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--JOURNAL ARTICLES--

Exercise self-efficacy and control beliefs: Effects on exercise behavior after an exercise intervention for older adults.

Shevaun D. Neupert, Margie E. Lachman, Stacey B. Whitbourne
Journal of Aging and Physical Activity. 2009 Jan; 17(1).

<http://www.humankinetics.com/JAPA/viewarticle.cfm?jid=xc4EX6zhxa4BJ8sLxq6UPUsCxf2FXMd8xf4&aid=16663&site=xc4EX6zhxa4BJ8sLxq6UPUsCxf2FXMd8xf4>

Best-practice physical activity programs for older adults: Findings from the National Impact Study.

Hughes SL, Seymour RB, Campbell RT, Whitelaw N, Bazzarre T.
Am J Public Health. 2008 Dec 4; [Epub ahead of print]

<http://www.ncbi.nlm.nih.gov/pubmed/19059858>

Effective exercise for the prevention of falls: A systematic review and meta-analysis.

Sherrington C, Whitney JC, Lord SR, Herbert, RD, Cumming RG, Close JCT.
Journal of the American Geriatrics Society. 2008 Dec; 56(12): 2234–2243.

<http://www3.interscience.wiley.com/journal/121496774/abstract>

Successful dissemination of a community-based strength training program for older adults by peer and professional leaders: The People Exercising Program.

Layne JE, Sampson SE, Mallio CJ, Hibberd PL, Griffith JL, Das SK, Flanagan WJ, Castaneda-Sceppa C.

Journal of the American Geriatrics Society. 2008 Dec; 56(12): 2323-2329.

<http://www3.interscience.wiley.com/journal/121475837/abstract>

Mass media and healthy aging.

Wadsworth LA, Johnson CP.

J Nutr Elder. 2008; 27(3-4): 319-331.

<http://www.ncbi.nlm.nih.gov/pubmed/19042578>

Helping older adults meet nutritional challenges.

Kronl M, Coleman P, Lau D.

J Nutr Elder. 2008; 27(3-4): 205-220.

<http://www.ncbi.nlm.nih.gov/pubmed/19042572>