

The Effect of a 5-Week Group-Based Exercise Program on Strength, Balance, Mobility, and Gait in the Older Adult Population: A Pilot Study

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Abstract

Background:

Methods:

Results:

Activity-Specific
confidence,

Confidence

**Outcome
Measure**

Purpose

Reliability

Validity

Software,

Te

T is

effect, difficult

T e

effect significance

difference significant

T ere

benefit

disqualified

Conclusion

effective

Acknowledgement