

Accepted Manuscript

Worksite intervention effects on motivation, physical activity and health: A cluster randomized controlled trial

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PII: S1469-0292(17)30108-5

DOI: [10.1016/j.psychsport.2017.11.004](https://doi.org/10.1016/j.psychsport.2017.11.004)

Reference: PSYSPO 1287

To appear in: *Psychology of Sport & Exercise*

Received Date: 13 March 2017

Revised Date: 24 October 2017

Accepted Date: 6 November 2017

Please cite this article as: Pedersen, C., Halvari, H., Williams, G.C., Worksite intervention effects on motivation, physical activity and health: A cluster randomized controlled trial, *Psychology of Sport & Exercise* (2017), doi: 10.1016/j.psychsport.2017.11.004.

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Pedersen, C.*¹, Halvari, H.², & Williams, G.C.³, 2017

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