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Running Head: PHYSICAL ACTIVITY AND PERSONALITY CHANGES

Physical Activity and Personality Development over Twenty Years:

Evidence from Three Longitudinal Samples

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Author Contributions

Yannick Stephan, Angelina Sutin and Antonio Terracciano contributed to study conceptualization. Yannick Stephan and Antonio Terracciano contributed to data preparation. Yannick Stephan, Martina Luchetti and Grégoire Bosselut contributed to data analysis. All authors contributed to report writing.

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