Accepted Manuscript

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PII: S0897-1897(16)30364-0

DOI: https://doi.org/10.1016/j.apnr.2017.12.011

Reference: YAPNR 51026

To appear in: Applied Nursing Research

Received date: 26 November 2016 Revised date: 3 December 2017 Accepted date: 14 December 2017

Please cite this article as: Mei-Ling Yeh, Ru-Wen Liao, Chin-Che Hsu, Yu-Chu Chung, Jaung-Geng Lin, Exercises improve body composition, cardiovascular risk factors and bone mineral density for menopausal women: A systematic review and meta-analysis of randomized controlled trials. The address for the corresponding author was captured as affiliation for all authors. Please check if appropriate. Yapnr(2017), https://doi.org/10.1016/j.apnr.2017.12.011

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ACCEPTED MANUSCRIPT

Exercises Improve Body Composition, Cardiovascular Risk Factors and Bone Mineral Density for Menopausal Women: A Systematic Review and Meta-analysis of Randomized Controlled Trials

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Running Title: Exercises for Menopausal Women

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