

# Principles of Fitness and Training

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Helen KillaspyMichael KingFrank HollowayThomas J CraigSarah CookTim MundyGerard LeaveyPaul McCroneLeonardo KoeserRumana OmarLouise MarstonMaurice ArbuthnottNicholas GreenIsobel HarrisonMelanie LeanMelanie GeeSadiq Bhanbhro. *The Rehabilitation Effectiveness for Activities for Life (REAL) study: a national programme of research into NHS inpatient mental health rehabilitation services across England*. Programme Grants for Applied Research, Published Online First: 2017. doi:10.3310/pgfar05070

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