

# 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, [Internet]. 2017;(2017). Available from: <https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.06b86c1c1e584bdc8d7a01f13ad7c3ae&authtype=sso&custid=s8993828&site=eds-live&scope=site>

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