



## Quellennachweis Activity Resilience Score

### Mobility-Score:

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### Activity-Score:

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### **PAL-Scores**

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2. The “Saltin–Grimby Physical Activity Level Scale” and its application to health research G. Grimby, M. Börjesson, I. H. Jonsdottir, P. Schnohr, D. S. Thelle, B. Saltin First published: 19 November 2015 <https://doi.org/10.1111/sms.1261>