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Optimizing physical activity and exercise in people with axial spondyloarthritis

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**Optimizing physical activity and exercise
in people with axial spondyloarthritis**

Bas Hilberdink

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Optimizing physical activity and exercise in people with axial spondyloarthritis

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*We should not exercise the body without the joint assistance of the mind;
nor exercise the mind without the joint assistance of the body*

Plato

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