COMPONENTS OF THE VIVIFRAIL TEST AND RECOMMENDED PHYSICAL EXERCISE PROGRAMS

**COMPONENTS OF THE VIVIFRAIL TEST**

1. **FEET TOGETHER**
   - Stand upright and place your feet together, side-by-side. For 10 sec.

2. **SEMI-TANDEM POSITION**
   - Stand upright, placing the heel of one foot beside the big toe of the other foot. For 10 sec.

3. **TANDEM POSITION**
   - Stand upright, placing the heel of one foot in contact with the toes of the other foot. For 10 sec.

4. **WALK SPEED TEST**
   - Walk 4 meters at a normal pace measuring the time you take to do it.

5. **GETTING UP FROM A CHAIR**
   - Get up as fast as you can, with your back straight and your arms crossed.

6. **WALKING SPEED**
   - Walk 6 meters at a normal pace measuring the time it takes to do so.

7. **TIMED UP AND GO**
   - Get up from the chair without using your arms, walk 3 meters turn around and go back and sit down.

**RISK OF FALLS**

- Have you had 2 or more falls in the last year? Or 1 fall that has required medical attention?

**MODERATE COGNITIVE DECLINE**

**PERSON WITH DISABILITY**
- SPPB 0 - 3
- VM (6M) < 0.5 m/s

**PERSON WITH FRAILTY**
- SPPB 4 - 6
- VM (6M) 0.5 - 0.8 m/s

**PERSON WITH PRE-FRAILTY**
- SPPB 7 - 9
- VM (6M) 0.9 - 1 m/s

**ROBUST**
- SPPB 10 - 12
- VM (6M) > 1 m/s

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