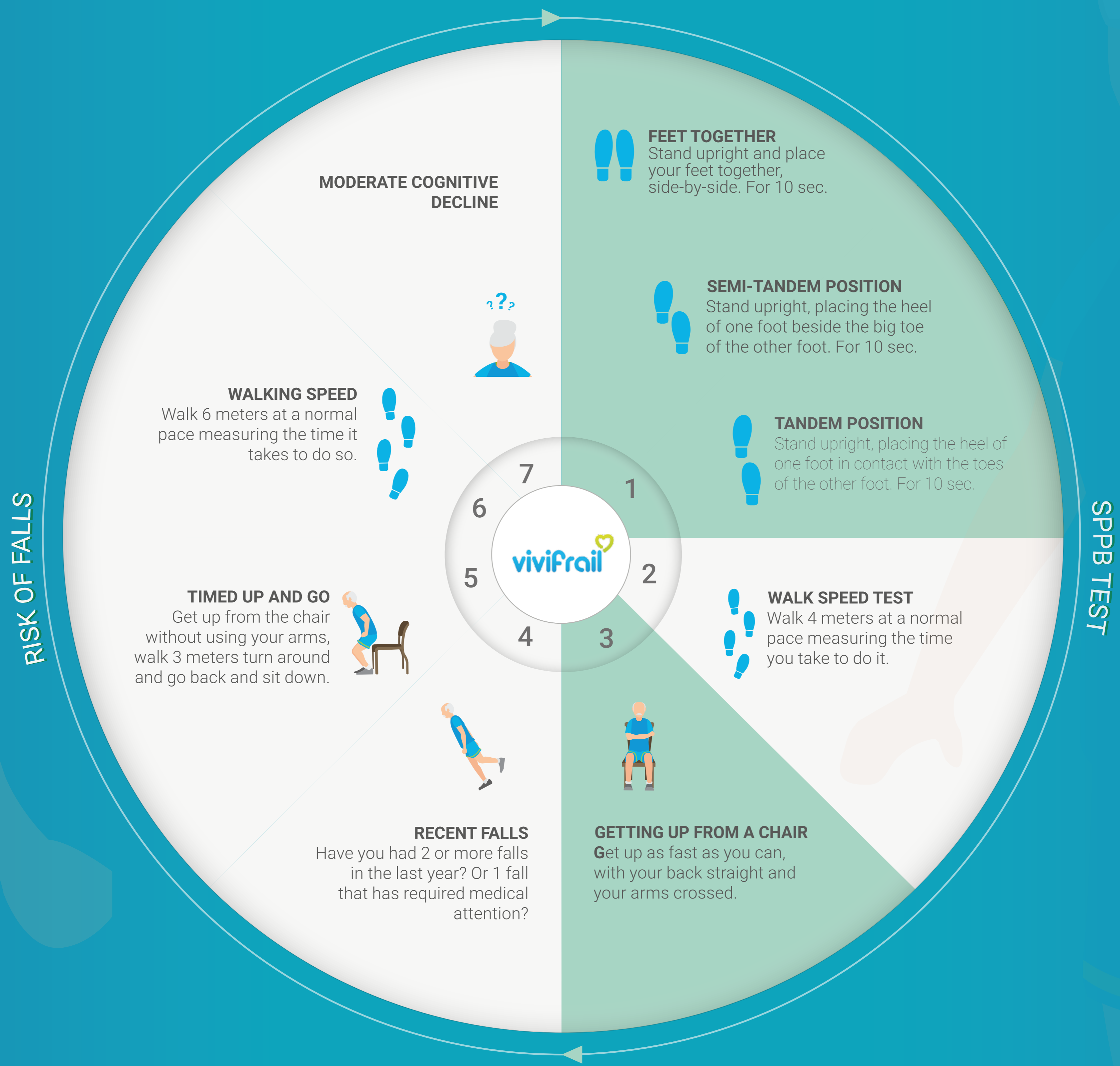


# COMPONENTS OF THE VIVIFRIL TEST AND RECOMMENDED PHYSICAL EXERCISE PROGRAMS



**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