ARE YOU 70-YEARS-OLD OR OLDER?

WOULD YOU LIKE TO HAVE A BETTER QUALITY OF LIFE?

FOLLOW THESE STEPS

CONSULT WITH YOUR DOCTOR
TAKE THE VIVIFRAIL TEST AND GET YOUR PASSPORT
COMPLETE THE EXERCISE PROGRAM
IMPROVE YOUR FUNCTIONAL CAPACITY

GET THE PASSPORT!
AND COMPLETE THE EXERCISE PROGRAM

Multicomponent physical exercise program to prevent frailty and the risk of falls. © Mikel Izquierdo

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