

# 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

