

Are you one of these people?

I can't get out of a chair

I walk with difficulty and may experience further difficulty getting out of a chair

I can walk and free myself from the reclining chair without help

I can walk independently for 30-45 min or more

I have had two or more falls in the past year

Would you like to:

Get up from a chair?

Improve your performance of daily activities?

Enjoy walking?

Maintain your autonomy and functional Independence?

Reduce your risk of falling?

In this multicomponent physical exercise Vivifrail programme, you will receive:

Four types of easy group exercises:



Walking



Flexibility



Strength



Balance

1

2

3

4

5

Discuss the Vivifrail programme with your medical doctor

Perform the Vivifrail Assesment

Follow the exercise programme

Enhance your Functional Capacity

Enjoy higher quality of life