PHYSICAL EXERCISE PASSPORT

VIVIFRAIL

Multicomponent physical exercise program to prevent frailty and the risk of falls.
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PHYSICAL EXERCISE PASSPORT

VIVIFRAIL

A
PERSONAL DATA

NAME

SURNAME

AGE

SIGNATURE OF THE PARTICIPANT

SIGNATURE OF THE HEALTH PROFESSIONAL
The physical exercise program lasts 12 weeks and runs from Monday to Friday. In total you will perform 60 sessions of physical exercise.

When your muscle strength is improved and you can get up from a chair with help, you can start walking. The exercise wheel will be done over 5 days a week.

Accomplishing this program will allow you to improve:

- Strength
- Balance
- Flexibility
- Cardiovascular

In order to do this program we provide you with:

- Explanations of how to perform each of the exercises, which can be found from page 6.
- A Wheel of exercises that you can remove from the passport and place somewhere it is easy to consult.
- A Diary of activities so you can track your progress on page 15. The sessions with "WHEEL" have to be performed as a round of exercises.
BEFORE YOU BEGIN WITH THE EXERCISES

Keep in mind the following recommendations:

• Use an appropriate space that is well lit and has no obstacles that may get in the way.
• Make sure to wear comfortable clothes and sports shoes or similar.
• You will have to perform the walking exercises with the help of a person or a walker.

You will need the following material:

• A rubber or anti-stress ball
• 2 bottles of water containing ________ ml
• A balled out ankle brace weighing 500 g
ATTENTION

CONSULT WITH YOUR DOCTOR
Talk with your doctor if you are unsure whether you should do any of the exercises.

STOP IMMEDIATELY
If during an exercise you feel any type of pain, or have difficulty breathing, dizziness or palpitations, etc.
WALKING

Lift yourself up from the chair with the help of another person or a walker. Start walking at your pace for 5–10 seconds. Stand, rest and begin walking again. Repeat this procedure 5 more times.

Increase the time until you can walk 1–2 minutes without stopping.

Begin this exercise only when you have improved your muscle strength.
SQUEEZE A BALL

Take a rubber or anti-stress ball in your hand and squeeze it gradually as hard as you can. Relax your hand.

Perform 3 sets of 12 repetitions and rest 1 minute between sets.

Once you have finished the sets, repeat this exercise with your other hand.
LIFT A BOTTLE

Take two plastic bottles filled with _____ ml of water.

Sit with your arms stretched along the body, and take a bottle in each hand. Bend your elbows towards your chest, and lift the bottles towards your shoulders.

**Perform 3 sets of 12 repetitions and rest 1 minute between sets.**

- Remember that with the amount of water established in the bottle, you should be able to perform another 12 repetitions, and notice some effort when performing the exercise.
- If you see that you cannot do all the sets, empty the bottles a little. However, if you finish the sets without effort, fill the bottles with more water or use a bottle with more capacity.
- When you have completed the 6 weeks of activity, fill the bottles with a little more water to increase the intensity of the training.
LEG EXTENSIONS WITH AN ANKLE WEIGHT

Sitting on a chair, extend one leg horizontally, trying to keep it as straight as possible (as in the image). Use a weighted anklet of 500 grams.

Perform 3 sets of 12 repetitions and rest 1 minute between sets.

• If you cannot perform 12 repetitions with this weight, perform the exercise without the ankle brace.
GETTING UP FROM A CHAIR WITH HELP

Sit in a firm chair and with the person who helps you in front of you with their arms outstretched.

Rest your feet on the ground and get up by grabbing the arms of the person who helps you.

Once you are up, stand for 1 second and sit down again holding onto the person who helps you.

Perform 3 sets of 12 repetitions and rest 1 minute between sets.
WALKING WITH FEET IN LINE

Stand up near a table, wall or family member. Place the heel of one foot in contact with the tip of the other foot. The idea is to take small steps in a straight line, putting the heel of the foot forward just in front of the tip of the other foot.

Perform 3 sets of 15 paces and rest for 30 seconds between sets.
ARM STRETCHING

You can sit or stand up for this exercise.

Stretch your arms up with your hands clasped, as if you wanted to touch the ceiling. Hold the position for 10–12 seconds.

Then pause and relax your arms for 5 seconds.

Perform 3 sets of 3 repetitions and rest for 30 seconds between sets.
To complete the activity diary, mark the completed sessions with an X.

At the end of the weekly sessions, you have an evaluation of effort that will allow you to indicate how you felt during the exercises. The evaluation system is based on three states that are detailed below (page 19):

😊 The exercise has been very easy (very soft)
😊😊 The exercise has been a little hard (strong)
😊😊😊 The exercise has been very hard (very strong)
ACTIVITY DIARY

WEEK 1

WHEEL
Session 1

WHEEL
Session 2

WHEEL
Session 3

WHEEL
Session 4

WHEEL
Session 5

WEEK 2

WHEEL
Session 1

WHEEL
Session 2

WHEEL
Session 3

WHEEL
Session 4

WHEEL
Session 5

WEEK 3

WHEEL
Session 1

WHEEL
Session 2

WHEEL
Session 3

WHEEL
Session 4

WHEEL
Session 5

WEEK 4

WHEEL
Session 1

WHEEL
Session 2

WHEEL
Session 3

WHEEL
Session 4

WHEEL
Session 5

Share your success in RRSS
or with family members #VIVIFRAIL
ACTIVITY DIARY

WEEK 5

Session 1
Session 2
Session 3
Session 4
Session 5

WHEEL
WHEEL
WHEEL
WHEEL
WHEEL

WEEK 6

Session 1
Session 2
Session 3
Session 4
Session 5

WHEEL
WHEEL
WHEEL
WHEEL
WHEEL

WEEK 7

Session 1
Session 2
Session 3
Session 4
Session 5

WHEEL
WHEEL
WHEEL
WHEEL
WHEEL

WEEK 8

Session 1
Session 2
Session 3
Session 4
Session 5

WHEEL
WHEEL
WHEEL
WHEEL
WHEEL

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ACTIVITY DIARY

WEEK 9

Session 1
Session 2
Session 3
Session 4
Session 5

WHEEL
WHEEL
WHEEL
WHEEL
WHEEL

WEEK 10

Session 1
Session 2
Session 3
Session 4
Session 5

WHEEL
WHEEL
WHEEL
WHEEL
WHEEL

WEEK 11

Session 1
Session 2
Session 3
Session 4
Session 5

WHEEL
WHEEL
WHEEL
WHEEL
WHEEL

WEEK 12

Session 1
Session 2
Session 3
Session 4
Session 5

WHEEL
WHEEL
WHEEL
WHEEL
WHEEL

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EVALUATION OF EFFORT

How have you felt each week during the activities?

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

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Practice exercise
Your goal should be to practice physical exercise at least 5 days a week and 30 minutes a day. If you can do it with a friend, more the better.

The regular practice of physical exercise will make you feel active and lively. In addition, you will notice an improvement in your functional capacity and a clearer and more active mind.

Diet
To improve the strength of your muscles and bones, remember to eat foods rich in protein (meat, fish, milk and eggs).

Psychological well-being
In addition to being physically active, we recommend that you cultivate your social relationships and perform activities that improve your memory such as reading the newspaper, playing cards or chess or doing crossword puzzles.
VERIFICATION OF COMPLETED PROGRAM

PHYSICAL EXERCISE PASSPORT

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SIGNATURE OF THE HEALTHCARE PROFESSIONAL
MORE VIVIFRAIL

If you wish, more information and new tools can be found at:

http://vivifrail.com/resources

We have also put at your disposal an App to perform the Vivifrail Test and to follow the exercise program corresponding to your degree of frailty and risk of falls.

To download the App, you only have to search for Vivifrail App on Google Play or the App Store and install it on your Android or iPhone device, as appropriate.
The project has been 65% cofinanced by the European Regional Development Fund (ERDF) through the Interreg V-A Spain-France-Andorra programme (POCTEFA 2014-2020). POCTEFA aims to reinforce the economic and social integration of the French–Spanish–Andorran border. Its support is focused on developing economic, social and environmental cross-border activities through joint strategies favouring sustainable territorial development.

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