Multicomponent physical exercise program to prevent frailty and the risk of falls.
© Mikel Izquierdo
PHYSICAL EXERCISE PROGRAM TYPE B

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

You must fully complete the wheel for 3 non-consecutive days and in the other days you only have to walk.

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 is on page 18. The "WALK" sessions correspond to the sessions that you only have to walk. 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 need the following material:

• A rubber or anti-stress ball
• 2 bottles of water containing _______ ml
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

Walk facing forward, and not looking at the ground. First support the heel and then the toes.

Keep your shoulders relaxed and your arms slightly swinging.

**Walk for 5 sets of 2–5 minutes resting 1 minute between sets.**

Finish the sets by walking slowly for 2 minutes to relax.

- Walk at a pace that you can maintain a conversation on a continuous basis, but that costs you a little effort.
- From week 7, walk 3 sets of 8 minutes.
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.
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.
Stand in front of a table. Start bending down, bending your hips and knees as if you were going to sit down; then return to the standing position.

Place a chair behind you for more security.

Perform 3 sets of 12 repetitions and rest 1 minute between sets.
WALKING ON TIP TOES AND HEELS

Stand up and support yourself on the side of a table or a handrail. Walk 7 steps "tiptoe" by supporting your weight only on the tips of your toes.

Take a break and walk 7 more steps, but now supporting yourself only on your heels

Perform 3 sets of 14 steps and rest 1 minute between sets.

• Change the position of your arms; for example, crossing your arms over your chest, or stretched out in the form of a cross.

• Close your eyes, but only if someone is next to you.
ARM STRETCHING IN A CHAIR

Sit in a chair away from its back and with your arms hanging on both sides of your body. Then, move your arms back trying to grab onto the back of the chair (as in the picture).

From that position, move your chest forward until you feel some tension in your arm muscles. Hold this position for 10 seconds.

Then relax the stretch for 5 seconds without removing your hands from the backrest.

Perform 3 sets of 3 repetitions and rest for 30 seconds between sets.
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.
ACTIVITY DIARY

To complete the activity diary, mark the completed sessions with an X. There are two types of sessions, the WHEEL sessions and the WALK sessions.

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 22):

😊 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

Session 1: WHEEL
Session 2: WALK
Session 3: WHEEL
Session 4: WALK
Session 5: WHEEL

WEEK 2

Session 1: WHEEL
Session 2: WALK
Session 3: WHEEL
Session 4: WALK
Session 5: WHEEL

WEEK 3

Session 1: WHEEL
Session 2: WALK
Session 3: WHEEL
Session 4: WALK
Session 5: WHEEL

WEEK 4

Session 1: WHEEL
Session 2: WALK
Session 3: WHEEL
Session 4: WALK
Session 5: WHEEL

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

WEEK 5

- **Session 1**: WHEEL
- **Session 2**: WALK
- **Session 3**: WHEEL
- **Session 4**: WALK
- **Session 5**: WHEEL

WEEK 6

- **Session 1**: WHEEL
- **Session 2**: WALK
- **Session 3**: WHEEL
- **Session 4**: WALK
- **Session 5**: WHEEL

WEEK 7

- **Session 1**: WHEEL
- **Session 2**: WALK
- **Session 3**: WHEEL
- **Session 4**: WALK
- **Session 5**: WHEEL

WEEK 8

- **Session 1**: WHEEL
- **Session 2**: WALK
- **Session 3**: WHEEL
- **Session 4**: WALK
- **Session 5**: WHEEL

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

WEEK 9

Session 1: **WHEEL**
Session 2: **WALK**
Session 3: **WHEEL**
Session 4: **WALK**
Session 5: **WHEEL**

WEEK 10

Session 1: **WHEEL**
Session 2: **WALK**
Session 3: **WHEEL**
Session 4: **WALK**
Session 5: **WHEEL**

WEEK 11

Session 1: **WHEEL**
Session 2: **WALK**
Session 3: **WHEEL**
Session 4: **WALK**
Session 5: **WHEEL**

WEEK 12

Session 1: **WHEEL**
Session 2: **WALK**
Session 3: **WHEEL**
Session 4: **WALK**
Session 5: **WHEEL**

Share your success in RRSS or with family members #VIVIFRAIL
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

Share your success in RRSS
or with family members #VIVIFRAIL
RECOMMENDATIONS FOR A HEALTHY LIFE

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

VIVIFRAIL B

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.

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