Multicomponent physical exercise program to prevent frailty and the risk of falls.
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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 4 days. 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:

• 2 bottles of water containing ________ ml
• 1 towel
• Adhesive tape or similar
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.
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 3 sets of 10 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 15 minutes.
TWIST A TOWEL

Roll-up a small towel.

Grab the towel at both ends with both hands, and perform a movement similar to that of wringing a towel soaked with water.

Squeeze little by little, but as hard as you can for 2–3 seconds.

Perform 3 sets of 12 repetitions and rest 1 minute between sets.
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.
GETTING UP FROM A CHAIR

Sit in a firm chair with armrests.

Rest your feet on the ground and get up without leaning on the armrests of the chair.

Once you are up, stand for 1 second and then sit down again.

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

• Remember that when you finish doing the first set you should be able to perform another 12 repetitions while noticing some effort when performing the exercise.

• In the event that you cannot do so, lean on just one arm. If you cannot manage with one arm, do it with the help of both arms.
WALKING OVER OBSTACLES

Put a mark on the floor with adhesive tape next to a table or railing.

Place yourself to the table or railing. Walk towards the mark in a relaxed manner, and pass over the mark of tape pretending that you are stepping over an obstacle of 15 cm in height. Use the table or the railing as a support when you need it.

Perform 8 sets of 5 obstacles. Rest for 1 minute between sets.
WALKING IN A FIGURE OF EIGHT

Place 2 bottles of water on the ground at a minimum distance of 1 meter from each other.

Walk between them making "eights" as in the image. Stop and rest for 10 seconds without sitting down.

Perform 3 sets of 2 laps 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.

• Walk on different surfaces, for example on sand or grass.

• Close your eyes, but only if someone is next to you.
LEG STRETCHING

Sit in a chair.

Stretch one of your legs resting your heel on the ground. Place both your hands on the knee opposite the stretched leg.

Pull the foot resting on the ground slightly upwards and move your trunk forward. You should feel some tension in the rear of your back and in the back of your thigh. Hold this position for 10–12 seconds. Rest for 5 seconds.

Perform 3 sets of 6 repetitions alternating between both legs and rest 1 minute 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 1 minute 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: WHEEL
- Session 3: WALK
- Session 4: WHEEL
- Session 5: WHEEL

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

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

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

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

WEEK 5

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

WEEK 6

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

WEEK 7

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

WEEK 8

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

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ACTIVITY DIARY

WEEK 9

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

WEEK 10

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

WEEK 11

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

WEEK 12

Session 1: WHEEL
Session 2: WHEEL
Session 3: WALK
Session 4: WHEEL
Session 5: 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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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
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.
VIVIFRAT
PASSPORT
PHYSICAL EXERCISE
The project has been 65% cofinanced by the European Regional Development Fund (ERDF) through the Interreg V-A Spain-France-Andorra programme (POC_{TEFA} 2014-2020). POC_{TEFA} 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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