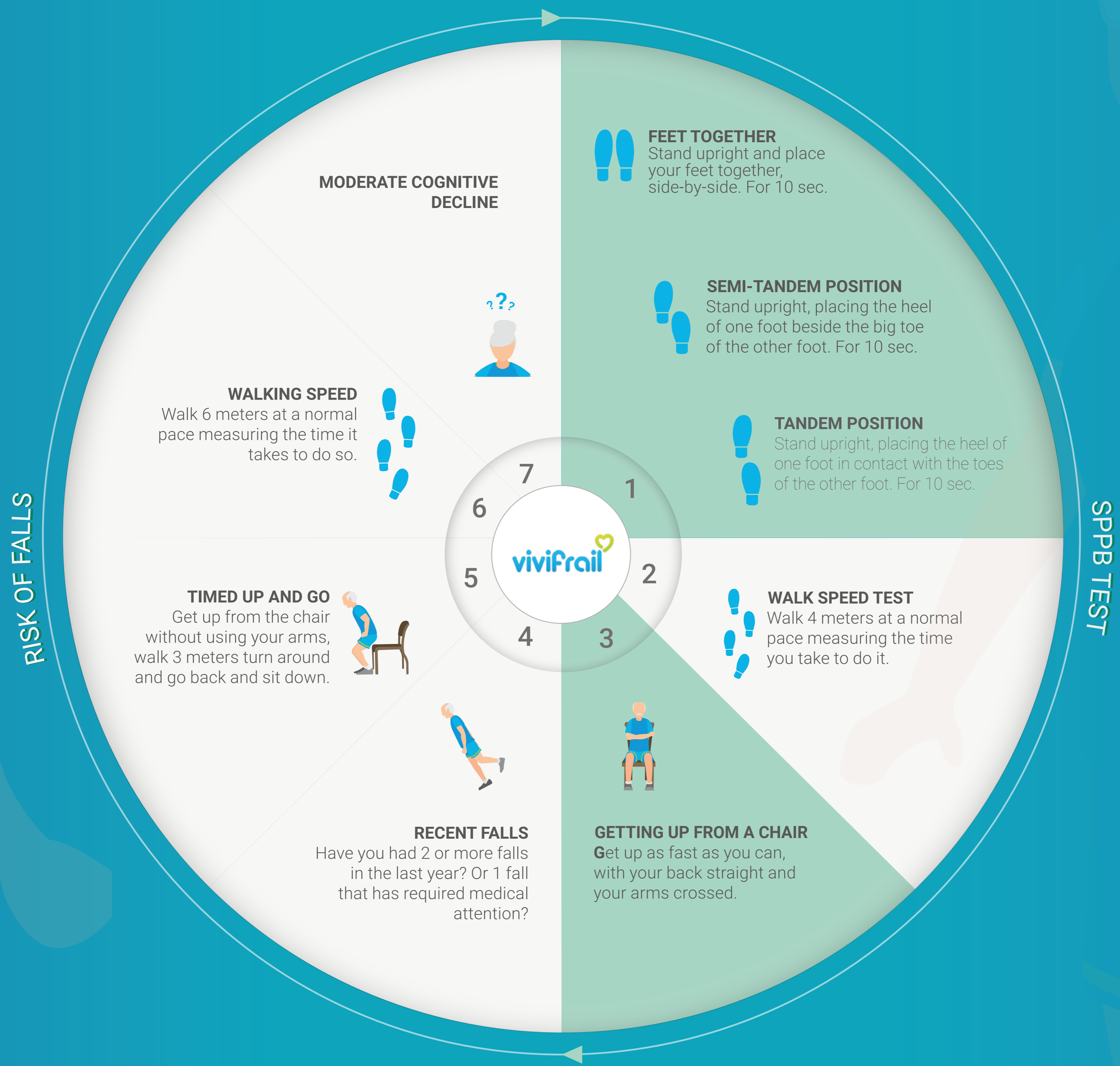


COMPONENTS OF THE VIVIFRAIL TEST AND RECOMMENDED PHYSICAL EXERCISE PROGRAMS



PERSON WITH DISABILITY
SPPB 0 - 3
VM (6M) < 0,5 m/s



PERSON WITH FRAILITY
SPPB 4 - 6
VM (6M) 0,5 - 0,8 m/s



PERSON WITH PRE-FRAILITY
SPPB 7 - 9
VM (6M) 0,9 - 1 m/s



ROBUST
SPPB 10 - 12
VM (6M) > 1 m/s