

ARE YOU 70-YEARS-OLD OR OLDER?

WOULD YOU LIKE TO HAVE
A BETTER QUALITY OF LIFE?

FOLLOW THESE STEPS



CONSULT
WITH
YOUR DOCTOR



TAKE THE VIVIFRAIL
TEST AND GET
YOUR PASSPORT



COMPLETE
THE EXERCISE
PROGRAM



IMPROVE
YOUR FUNCTIONAL
CAPACITY

GET THE PASSPORT!
AND COMPLETE THE EXERCISE PROGRAM

