Table 1 – Inclusion Criteria

|  |  |
| --- | --- |
| **Inclusion criteria** | |
| **P**articipants | * Age ≥ 60 years old * Living in the community * Both genders cohorts * Without disabling diseases * Standardized frailty criteria (eg, Fried’s criteria or Frailty Index) |
| **I**nterventions | * Active physical exercises, nutritional supplementation, or any combination of these |
| **C**omparisons | * Presence of a control group |
| **O**utcomes | * Effects of intervention on standardized physical frailty criteria or specific physical performance-based parameters (scales or performance measurements) related to frailty |
| **S**tudy design | * Controlled trial with a randomized assignment in each group |