Table 1 – Inclusion Criteria

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| **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
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| **O**utcomes | * Effects of intervention on standardized physical frailty criteria or specific physical performance-based parameters (scales or performance measurements) related to frailty
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| **S**tudy design | * Controlled trial with a randomized assignment in each group
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