

Frailty is defined as a state of vulnerability to negative health outcome.

# 1 in 3 people aged 65 and above is at risk of frailty

Risk of frailty increases if one has  $\geq 1$  of these symptoms:

1. Unintentional weight loss
2. Reduced strength
3. Reduced walking speed
4. Inactivity
5. Fatigue and weakness



Frailty is associated with:



Increased falls risk



Increased Hospitalization rate



Assistance for activities of daily living



Immobility

BUT...

Frailty is reversible with EXERCISE