

**Exercise in the Elderly Part One – Table 2**

The frailty phenotype must meet at least 3 out of the 5 criteria below:	
Criteria	Positive Criteria cut offs
1. Unintentional Weight loss	>10 lbs unintentional weight loss in the past year on initial evaluation or >5% unintentional weight loss when compared to last year's evaluation.
2. Self-reported exhaustion	Using the CES-D Depression scale, patients report "I felt that everything was an effort" or "I could not get going" for 3-4 days out of the week or "most of the time"
3. Grip Strength	Dynamometer is used to test grip strength in Kg. Criteria is stratified by gender and BMI Men BMI $\leq 24$ : $\leq 29$ Kg Men BMI 24.1–26: $\leq 30$ Kg Men BMI 26.1–28: $\leq 30$ Kg Men BMI $> 28$ : $\leq 32$ Kg Women BMI $\leq 24$ : $\leq 17$ Kg Women BMI 24.1–26: $\leq 17.3$ Kg Women BMI 26.1–28: $\leq 18$ Kg Women BMI $> 28$ : $\leq 21$ Kg
4. Slow walking speed	Time it takes to walk 15 feet. Criteria is stratified by sex and height. Men $\leq 173$ cm: $\geq 7$ seconds Men $> 173$ cm: $\geq 6$ seconds Women $\leq 159$ cm: $\geq 7$ seconds Women $> 159$ cm: $\geq 6$ seconds
5. Low physical activity	Using the Minnesota Leisure Time Activity Questionnaire, Kcals per week expended are calculated: Men: $<383$ Kcals per week are frail Women: $<270$ Kcals per week are frail