

Atividades Físicas Integradas

Referências:

Cadore, EL, Casas-Herrero, A., Zambom-Ferraresi, F. *et al.* Exercícios multicomponentes, incluindo treinamento de potência muscular, aumentam a massa muscular, a produção de potência e os resultados funcionais em nonagenários frágeis institucionalizados. *AGE* **36** , 773–785 (2014). <https://doi.org/10.1007/s11357-013-9586-z>.

Landi F, Cesari M, Calvani R, Cherubini A, Di Bari M, Bejuit R, Mshid J, Andrieu S, Sinclair AJ, Sieber CC, Vellas B, Topinkova E, Strandberg T, Rodriguez-Manas L, Lattanzio F, Pahor M, Roubenoff R, Cruz-Jentoft AJ, Bernabei R, Marzetti E; SPRINTT Consortium. The “Sarcopenia and Physical frailty IN older people: multi-component Treatment strategies” (SPRINTT) randomized controlled trial: design and methods. *Aging Clin Exp Res* 2017;29:89–100.

Lopez P, Ponto RS, Radaelli R, Rech A, Grazioli, Izquierdo M, Cadore EL. Benefits of resistance training in physically frail elderly: A systematic review. *Aging Clinical and Experimental Research*, 2018.

Bernabei R, Landi F, Calvani R, Cesari M, Del Signore S, Anker SD, Bejuit R, Bordes P, Cherubini A, Cruz-Jentoft AJ, Di Bari M, Friede T, Gorostiaga Ayestarán C, Goyeau H, Jónsson PV, Kashiwa M, Lattanzio F, Maggio M, Mariotti L, Miller RR, Rodriguez-Mañas L, Roller-Wirnsberger R, Rýznarová I, Scholpp J, Schols A, Sieber CC, Sinclair AJ, Skalska A, Strandberg T, Tchalla A, Topinková E, Tosato M, Vellas B, von Haehling S, Pahor M, Roubenoff R, Marzetti E; SPRINTT Consortium. Multicomponent intervention to prevent mobility disability in frail older adults: randomised controlled trial (SPRINTT project). *BMJ* 2022;377:e068788.