

# APRIL FALLS DAY<sup>®</sup>

## FRAILITY- Do you know the signs?



**Unintentional weight loss**  
Losing weight without trying



**Weakness**  
Decrease in grip strength; getting harder to open a jar?



**Slower walking speed**  
Everything taking a bit longer?



**Exhausted**  
Feeling tired?



**Low Physical activity levels**  
Too much time sitting down?