



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?



If you or a loved one are experiencing any of the signs of frailty, contact with your medical professionals, and access our free resources at www.cec.health.nsw.gov.au

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