

**Senior Fitness Test Software 2.0 And Manual Package
Subscription By Roberta Rikli;C. Jessie Jones**

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The Senior Fitness Test (SFT) This web-based software program can be used for assessing physical fitness and improving functional fitness in older adults.

Exercise training and nutritional supplementation

Original Article. Exercise Training and Nutritional Supplementation for Physical Frailty in Very Elderly People. Maria A. Fiatarone, Evelyn F. O'Neill, Nancy Doyle

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