

## Supplementary materials

Supplementary Table 1. Delta for SPPB, MPI, Handgrip strength, Walking speed test between baseline and 3 or 6 months.

<b>Variable</b>	<b>Robust (N=11)</b>	<b>Pre-frail (N=130)</b>	<b>Frail (N=48)</b>	<b>Overall (N=189)</b>	<b>p values</b>
<i>Delta SPBB 0-3 months</i>					
Mean (SD)	4.64 (2.58)	3.08 (2.14)	2.15 (1.61)	2.94 (2.12)	p<0.001
<i>Delta SPBB 0-6 months</i>					
Mean (SD)	6.55 (1.57)	4.61 (2.25)	3.13 (2.00)	4.35 (2.30)	p<0.001
<i>Delta MPI 0-3 months</i>					
Mean (SD)	-0.15 (0.07)	-0.14 (0.11)	-0.13 (0.15)	-0.14 (0.12)	p<0.001
<i>Delta MPI 0-6 months</i>					
Mean (SD)	-0.17 (0.069)	-0.15 (0.11)	-0.14 (0.15)	-0.15 (0.12)	p<0.001
<i>Delta HGS 0-3 months</i>					
Mean (SD)	1.13 (0.86)	1.34 (2.07)	0.669 (2.19)	1.16 (2.07)	p=0.008
<i>Delta HGS 0-6 months</i>					
Mean (SD)	1.25 (1.02)	1.60 (2.20)	0.720 (2.55)	1.36 (2.26)	p<0.001
<i>Delta Walking Test 0-3 months</i>					
Mean (SD)	2.00 (0.89)	1.55 (1.13)	0.95 (0.94)	1.43 (1.11)	p<0.001
<i>Delta Walking Test 0-6 months</i>					
Mean (SD)	2.36 (0.505)	2.09 (1.12)	1.34 (1.15)	1.92 (1.15)	p<0.001

Supplementary Table 2. Hazard Ratios for most important variables: Results from Multivariate analysis.

<b>Variabile</b>	<b>HR</b>	<b>Lower 95% CI</b>	<b>Upper 95% CI</b>	<b>p- value</b>
<b>Sex (M)</b>	5.99	11.23	31.94	0.03
<b>MPI</b>	3.47	1.76	6.79	<0.001
<b>HGS</b>	0.88	0.79	0.98	0.02