

From Taguchi et al. Effects of a 12-Month Multicomponent Exercise Program on Physical Performance, Daily Physical Activity, and Quality of Life in Very Elderly People With Minor Disabilities: An Intervention Study. *J Epidemiol* 2010;20(1):21-29

Table 1. Exercises included in the class-based exercise program

Period	Category	Intensity ^a	Type	Equipment	Content
Months 1–3	Chair-sitting	Light	Stretching and aerobic activity	Towel, ball	Movement of leg, trunk, and arm with music
			Strength activity	Rubber band, ball	Movement of shoulder, elbow, trunk, hip, knee, and foot
Months 4–6	Chair-sitting	Light	Same as above	Same as above	Same as above, except that the duration and intensity of aerobic and strength exercises were gradually increased on an individual basis
	Standing	Light-to-moderate	Strength activity	Chair, rubber band	Rise from chair, half-squats, rise to tiptoe position, knee raise, and hip extension
	Walking	Moderate	Aerobic activity	None	3–6 minutes in duration
Months 7–	Chair-sitting	Light-to-moderate	Same as above	Same as above	Same as above, except that the duration and intensity of aerobic and strength exercises were further increased
	Standing	Light-to-moderate	Same as above	Same as above	Same as above
	Balancing and combined exercises	Light-to-moderate		Ball, rubber band	Eg, (for balance) one-legged standing with chair as support, sitting on soft ball with stable posture
	Walking	Moderate	Aerobic activity	None	Prolonged duration (maximum 6 minutes)

^aLight, around 2.0 metabolic equivalents [METs]; Moderate, around 3.0 METs (estimated from References 7 and 8).