

**SUPPLEMENTARY FILE B. SEARCH STRATEGY IN PUBMED****#1 Frail elderly**

"Aged"[Mesh] OR "Geriatric Psychiatry"[Mesh] OR "Geriatric Nursing"[Mesh] OR "Health Services for the Aged"[Mesh] OR "Geriatric Assessment"[Mesh] OR "Alzheimer Disease"[Mesh] OR "Dementia"[Mesh] OR frail\*[tiab] OR elder\*[tiab] OR eldest[tiab] OR geriatri\*[tiab] OR old age\*[tiab] OR oldest old\*[tiab] OR senior\*[tiab] OR senium[tiab] OR very old\*[tiab] OR septuagenarian\*[tiab] OR octagenarian\*[tiab] OR octogenarian\*[tiab] OR nonagenarian\*[tiab] OR centarian\*[tiab] OR centenarian\*[tiab] OR supercentenarian\*[tiab] OR older people[tiab] OR older subject\*[tiab] OR older patient\*[tiab] OR older age\*[tiab] OR older adult\*[tiab] OR older man[tiab] OR older men[tiab] OR older male\*[tiab] OR older woman[tiab] OR older women[tiab] OR older female\*[tiab] OR older population\*[tiab] OR older person\*[tiab] OR ageing[tiab] OR community dwelling[tiab] OR "mini mental state"[tiab] OR alzheimer[tiab] OR alzheimer's[tiab] OR alzheimers[tiab] OR mmse[tiab] OR gds[tiab] OR dementia[tiab] OR demented[tiab] OR psychogeriatrics[tiab]

OR

Setting: Hospital, nursing home, homecare etc.

"Hospitals"[Mesh] OR "Nursing Homes"[Mesh] OR "Home Care Services"[Mesh] OR "Housing for the Elderly"[Mesh] OR "Senior Centers"[Mesh] OR "Ambulatory Care"[Mesh] OR "Institutionalization"[Mesh] OR "Long-Term Care"[Mesh] OR "Hospitalization"[Mesh] OR hospital\*[tiab] OR home[tiab] OR homes[tiab] OR housing[tiab] OR Community Health Service\*[tiab] OR communit\*[tiab] OR senior center\*[tiab] OR senior centre\*[tiab] OR outpatient\*[tiab] OR ambulatory[tiab] OR Institution\*[tiab] OR "Long-Term Care"[tiab] OR Hospitalization[tiab] OR Hospitalisation[tiab]

**#2 Physical fitness**

"Gymnastics"[Mesh] OR "Physical Conditioning, Human"[Mesh] OR "Running"[Mesh] OR "Swimming"[Mesh] OR "Walking"[Mesh] OR "Sports"[Mesh] OR "Physical Exertion"[Mesh] OR "Exercise Therapy"[Mesh] OR "Exercise Movement Techniques"[Mesh] OR Motor Activit\*[tiab] OR Physical Activit\*[tiab] OR Locomotor Activit\*[tiab] OR Exercis\*[tiab] OR Physical Exercis\*[tiab] OR Aerobic Exercis\*[tiab] OR training[tiab] OR Physical Condition\*[tiab] OR Physical fitness[tiab] OR Physical endurance[tiab] OR movement therap\*[tiab] OR fitness training[tiab] OR Weight-Bearing[tiab] OR running[tiab] OR jogging[tiab] OR walk\*[tiab] OR bicycle[tiab] OR cycle[tiab] OR bicycling[tiab] OR cycling[tiab] OR rowing[tiab] OR swim\*[tiab] OR ambulation[tiab] OR step[tiab] OR steps[tiab] OR treadmill[tiab] OR skate\*[tiab] OR skating[tiab] OR handbike\*[tiab]

**#3 Outcome (muscle strength, cardiovascular fitness, endurance etc.)**

"Muscle Fatigue"[Mesh] OR "Physical Endurance"[Mesh] OR "Physical Fitness"[Mesh] OR "muscle fatigue"[tiab] OR "muscular fatigue" [tiab] OR "muscle morphology"[tiab] OR Physical Endurance\*[tiab] OR Anaerobic Threshold\*[tiab] OR "exercise tolerance"[tiab] OR "muscle fatigue"[tiab] OR "physical Endurance"[tiab] OR "fatigue resistance"[tiab] OR "physical fitness"[tiab] OR "aerobic capacity"[tiab] OR "VO2peak"[tiab] OR "VO2max"[tiab] OR "HR responses"[tiab] OR

“heart rate response”[tiab] OR “aerobic fitness”[tiab] OR “endurance”[tiab] OR “cardiovascular function”[tiab] OR “cardiovascular fitness”[tiab] OR “cardiorespiratory function”[tiab] OR “cardiorespiratory fitness”[tiab] OR “2 min walk test”[tiab] OR “4 min walk test”[tiab] OR “6 min walk test”[tiab]

#4 Review humans/ humans

((“Review Literature as Topic”[Mesh] OR “Review”[Publication Type] OR “Meta-Analysis as Topic”[Mesh] OR review[tiab] OR meta-analys\*[tiab] OR “Meta-Analysis ”[Publication Type] OR systematic[sb]) NOT (“Letter”[Publication Type] OR “Editorial”[Publication Type] OR “Comment”[Publication Type]))

NOT (“animals”[MeSH Terms] NOT “humans”[MeSH Terms])