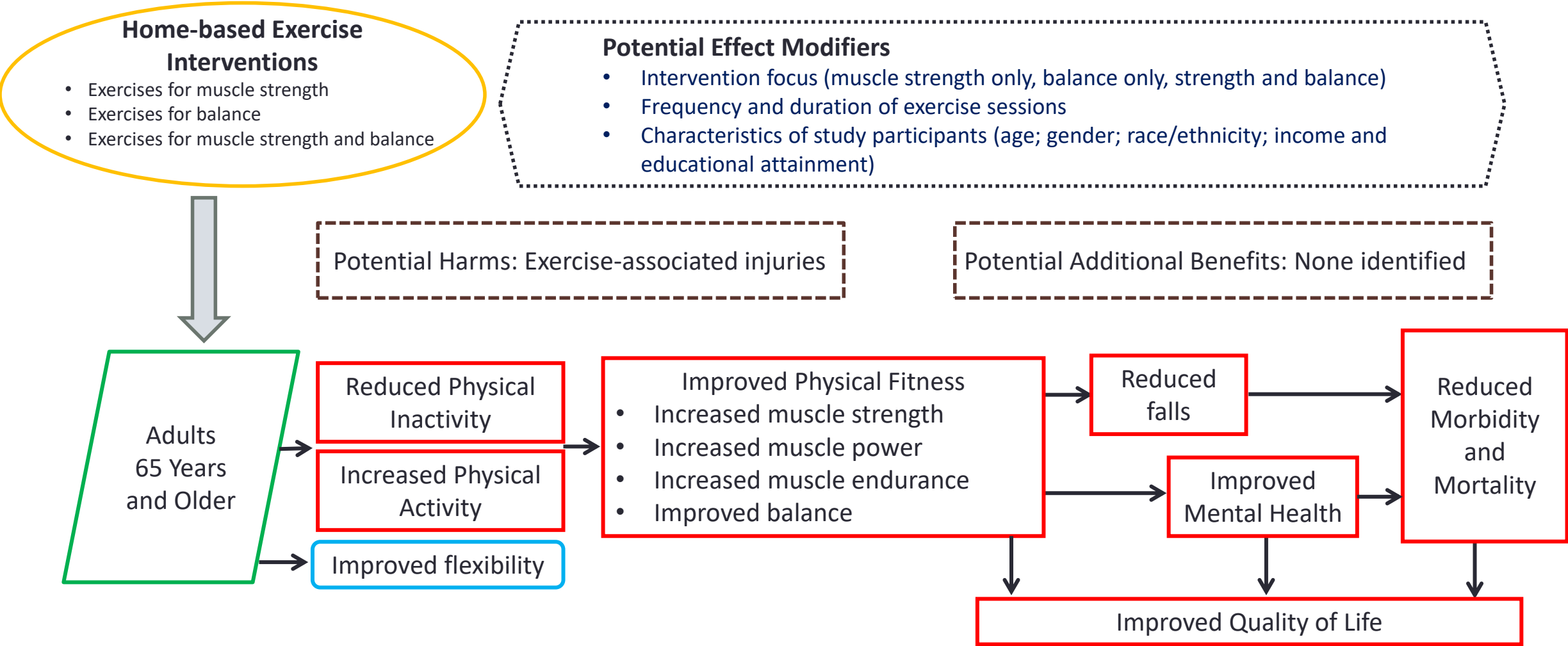





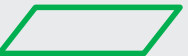

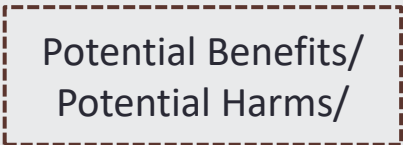



# Analytic Framework: Home-based Exercise Interventions for Adults 65 Years and Older<sup>1</sup>

<https://www.thecommunityguide.org/media/2022/af-physical-activity-home-based-exercise-65-plus-508.pdf>



<sup>1</sup>Framework based on intervention studies included the review by Chaabene H, Prieske O, Herz M, Moran J, Höhne J et al. Home-based exercise programmes improve physical fitness of healthy older adults: A PRISMA-compliant systematic review and meta-analysis with relevance for COVID-19. *Ageing Research Reviews*. 2021;67:101265

## Legend: Icons in Community Guide Analytic Frameworks

Icon	Interpretation
	Intervention
	Recommendation outcome
	Other intermediate outcome/variable (that is not a recommendation outcome)
	Population
	Potential effect modifiers (affecting causal relationships)
	Potential additional benefits/potential harms
	Unidirectional block arrows are applied between intervention and population icons
	Unidirectional arrows for causal relationships
	Bidirectional arrows show feedback loops