

Components	Low muscle mass	Muscle weakness	Self-reported fatigue	Slow walking speed	Low physical activity
Measuring instrument	Appendicular skeletal muscle mass by bioimpedance analysis	Handgrip strength using handheld dynamometry	Parent proxy-reported fatigue using PedsQL-MFS questionnaire	Time to rise from chair, walk 3-meters and back using the Timed Up and Go test	3-11 years: parent proxy-reported questionnaires 12+ years: Baecke questionnaire
Sarcopenia <i>Low muscle mass + muscle weakness</i>					

Physical Frailty
Pre frailty = 2 components
Frailty ≥ 3 components