

Appendix. Search strategy used

(Postural control OR Flamingo stand OR Standing balance OR Gait speed OR Timed get up and go OR Chair ris* OR Chair rising OR Chair rise OR Hand strength OR Handgrip strength OR Grip strength) AND (Death OR Mortality OR Loss of independence OR Time until discharge OR Length of stay OR Institutionalization OR Institutionalisation OR Hospitalization OR Hospitalisation OR Alzheimer's OR Dementia OR Diet treated diabetes OR Tablet treated diabetes OR Maturity onset diabetes OR Type II diabetes OR Type 2 diabetes OR Non-insulin dependent diabetes OR Non insulin dependent diabetes OR Coronary heart disease OR Ischaemic heart disease OR Stroke OR Cardiovascular OR Fracture OR Osteoporosis)

Please note: The results of the review on studies examining other health outcomes are reported elsewhere.