Appendix 1. Measurements.

- **Physical domain:** handgrip strength (in Kilograms) assessed with a dynamometer (maximum between right and left, each of them resulting from the average of three attempts); Berg Balance Score (maximum 56 points, with < 45 indicating increased risk of falls); timed get up and go (TGUG, in seconds, a test of general mobility asking the participant to stand up from a chair, walk a distance of 3 metres, turn around, walk back to the chair and sit down again); Charlson Comorbidity Index, non age-adjusted (CCI, which encompasses 19 medical conditions weighted 1–6 with total scores ranging from 0: lowest to 37: highest comorbidity); proportion of subjects using a walking aid (stick or frame); proportion of subjects experiencing recurrent (two or more) falls in the past year; and level of disability assessed by the Independent Activities of Daily Living (IADL) questionnaire (maximum 27 points, which indicates the lowest disability).

- **Cognitive and psychological domain:** Mini-Mental State Examination (MMSE, best possible score 30 points); and fear of falling using the modified Falls Efficacy Scale (mFES, a fourteen item questionnaire that includes four outdoor activities; each item is rated from 0: ‘not confident at all’ to 10: ‘completely confident’ and total score results from the average of all the items).

- **Sensory domain:** binocular visual acuity as the log of the minimal angle of resolution (logMAR) tested at a distance of 4 metres (normal vision corresponds to a logMAR of 0.00, with more positive logMAR indicating worse visual acuities and more negative indicating better than normal visual acuities); and hearing ability tested with pure-tone audiometry (Kamplex® BA25 Audiometer, P.C.Werth Ltd., with three possible classification categories: acceptable, mild impairment or poor hearing).