Figure S1: Exercise intervention offered to participants

Suggested exercises to build resilience

- Spend 20 minutes doing these exercises, once a day or at least 4 times a week
- Repeat each exercise 10 times per minute, and increase to 15 times per minute after 1 month when comfortable
- Take a 30 second break between exercises
- Choose weights you are comfortable with
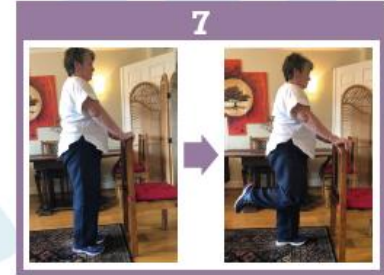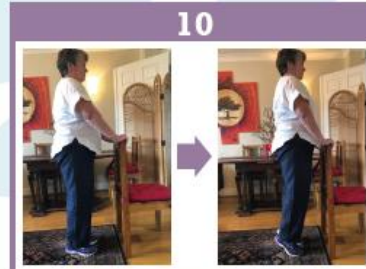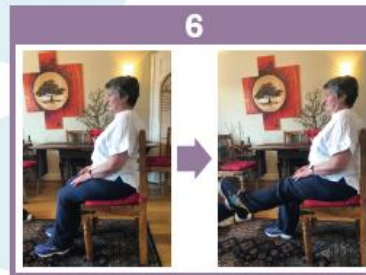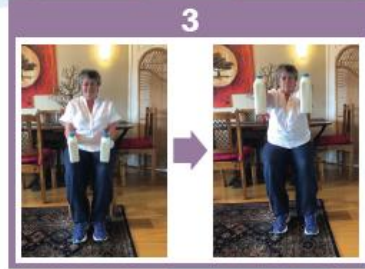- Don't do any exercise that causes pain
- Walk for 30-45 minutes 3-4 times a week
- Strength exercises and dietary protein can delay and reverse frailty (For more information: Delaying and Reversing Frailty (BJGP, Travers et al.)

Commit to doing the exercises at a regular time and place to help build a positive habit

Permission for use of images granted by subject. Some exercises adapted from Serra-Prat et al (Age Aging)

Figure S2: Dietary protein guidance (front and back of A5 leaflet)

- **PLANT-BASED PROTEIN IS BETTER** for our heart and the environment

- **BE MINDFUL OF ALLERGIES** to eggs, dairy, fish, peanuts, shellfish & soy beans

- **PLAN YOUR MEALS** to include good protein sources

- Aim to eat 20g of protein **WITHIN 1 HOUR OF EXERCISING** for best muscle building, with the balance of daily protein at regular intervals throughout the day

- **VARY YOUR DIET** to keep it interesting and to benefit from a variety of proteins

- **ENCOURAGE OTHERS** by eating with your partner, family or friends

My Nutrition Plan For Strength and Resilience

Having enough protein in our diet can help build resilience and avoid frailty. We all lose muscle mass as we age. This can contribute to reduced independence and frailty. Our bodies use protein to build and repair muscles and bones. That's why it's essential to have enough protein in our diet.

- Aim for 1.2 grams of protein per 1 kg of body weight each day e.g. a 70kg adult needs to eat 84 grams of protein each day

- My daily protein target is: body weight (kg) x 1.2 = [   ] g

Figure S3: Dietary protein guidance (middle pages of A5 leaflet)

Nutritional Information

Whole Milk
250ml glass of whole milk = 8g protein
Added benefit: Calcium, Vitamin D
Calories: Low
Saturated fat: Low
Cost: Low €

Boiled Egg
1 boiled egg (med) = 6g protein
Added benefit: B12, Vitamin D, Iron, Calcium
Calories: Low
Saturated fat: Low
Cost: Low €

Chicken Breast
160g breast (med) = 35g protein
Added benefit: Iron
Calories: Low
Saturated fat: Medium
Cost: Medium €€

Beef Steak
225g striploin = 44g protein
Added benefit: Iron
Calories: Medium
Saturated fat: High
Cost: High €€€

Salmon Fillet
120g grilled salmon = 30g protein
Added benefit: Omega-3
Calories: Medium
Saturated fat: Low
Cost: High €€€

Cod Fillet
140g baked cod = 25g protein
Added benefit: Omega-3, B Vitamins
Calories: Low
Saturated fat: Low
Cost: High €€€

Tuna Steak
100g can of tuna (in brine) = 27g protein
Added benefit: Iron, Omega-3
Calories: Low
Saturated fat: Low
Cost: Low €

Fish Finger
3 fish fingers = 10g protein
Added benefit: Omega-3, B Vitamins
Calories: Low
Saturated fat: Low
Cost: Low €

Nutritional Information

Chedder Cheese
20g slice cheddar = 5g protein
Added benefit: Calcium, Vitamin D, A, B12, Zinc
Calories: High
Saturated fat: Medium
Cost: Low €

Greek Yogurt
100g yogurt = 18g protein
Added benefit: Vitamin D, B12, Potassium, Calcium
Calories: Medium
Saturated fat: Low
Cost: Medium €€

Almonds
20 whole almonds = 5g protein
Added benefit: Zinc, Magnesium, Good Fats, Fibre
Calories: High
Saturated fat: Low
Cost: Medium €€

Peanut Butter
2 tablespoons peanut butter = 6g protein
Added benefit: Magnesium, Good Fats, Fibre
Calories: High
Saturated fat: Low
Cost: Low €

Baked Beans
200g Can/snap pot of baked beans = 9.5g protein
Added benefit: Fibre
Calories: Low
Saturated fat: Llow
Cost: Low €

Lentils
100g boiled lentils = 12g protein
Added benefit: Fibre, B Vitamins, Iron, Magnesium, Zinc
Calories: Low
Saturated fat: Low
Cost: Low €

Tofu
100g baked tofu = 16g protein
Added benefit: Iron, Calcium, Magnesium
Calories: Low
Saturated fat: Low
Cost: Low €

Protein Milk
Protein milk drink 250ml = 27g protein
Added benefit: Calcium, Vitamin D, B12
Calories: Low
Saturated fat: Low
Cost: Low €