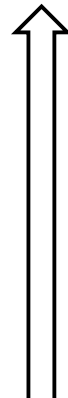**Supplementary Figure S3.** Cut points of timed up&go test and risk of adverse outcomes found in the selected studies and systematic reviews/meta-analysis.

>7s	Falls [1]
>8s	Falls [2,3]
>10s	Fear of falling [4]
>11s	Falls [5]; Functional autonomy decline [6]
>12s	Falls [7]; IADL [8]
>13s	Falls [9]
>16s	Falls [10]; Frailty [11]
>20s	Well-being decline [12]
>21s	Falls [13]

IADL, Instrumental Disability in Daily Activities.

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