 # freebsd-update upgrade -r 9.0-RELEASE
 # freebsd-update fetch
 # freebsd-update install
 # reboot

The system will reboot with the new kernel after the reboot, run freebsd-update install again to install userland components and rebbot

 # freebsd-update install
 # reboot

You also need to update all packages, type:
 # portsnap fetch update
 # pkg_version -vIL=
 # portupgrade -a