



[FOR IMMEDIATE RELEASE]

BEING LESS SEDENTARY CAN REDUCE PROGRESSION OF ALZHEIMER'S AND DEMENTIA

Singapore, 16 Aug, 2022 — How much physical activity does an older person need? A revised set of guidelines to encourage people to stay active and be less sedentary was launched by the Sport Singapore (SportSG) and the Health Promotion Board (HPB) last month. Adults above 65 years need at least 150.- 300 minutes of moderately intense exercise weekly. A recent survey shows a decrease in physical activity in residents aged between 18 to 74, that's 4.5% down from 80.9% in 2017. However, 33.4% of these residents exercise regularly, which 4% higher compared to 29.4% in 2017. 42.9% do not exercise at all.

For older people, the most suitable gym stations are the resistance-invariable strength machines, the fixed, low-resistance endurance stations and the flexibility- and balance-enhancing stations. Built with seniors in mind, HUR equipment comes complete with a computerized, automated training system, which allows for evidence-based, smart and more independent exercise and rehabilitation. Their SmartTouch ecosystem provides a wholesome training experience for customers and the perfect management tool for clinic and gym owners. The equipment allows individuals to set goals and track their progress. Over time, users find that they were able to carry heavier loads that they weren't able to when they first started. Maintaining the strength training exercise programme is essential and complements the new physical activity recommended by SportSG and HPB.

"The reason we chose HUR equipment for the ASPIRE55 clubhouse is because it is known to be senior-friendly equipment which uses pneumatic loading system providing a consistent load as compared to weight plates used in regular fitness centres. The other benefit is the software that comes with equipment allowing customisation of training programmes for each member, tracking their progress over time." Says Yiing Ching, Co-Founder of ASPIRE55. "Regular gym equipment are not able to progressively add weight loads of 100grams, which is suitable for seniors, whereas HUR equipment can. Working on both concentric and eccentric movements is important. Walking up the stairs and standing up are concentric movements whereas walking down the stairs and sitting down are eccentric movements. These movements which improve balance and train muscles, are essential as one ages. Pneumatic equipment are able to provide strength training for both movements, whereas hydraulic equipment only focuses on concentric movements."

"Exercise is definitely the best anti-aging medicine for seniors! Start slowly and in low intensity, for example, brisk walking for 10-15 minutes. As confidence increases, seniors should aim to achieve 2½ to 5 hours a week of such moderate-intensity exercises such as brisk walking and swimming.", advises Professor Alan Wong, Cluster Director of Health and Social Sciences at Singapore Institute of Technology (SIT). "If a senior has never exercised before, it is best to speak to a health care provider first to get clearance to do so. Start slow, aiming first low- and then moderate-intensity, warm up before and cool down after exercising, drink enough water and always monitor the effect

of exercise, making sure it is not too exhausting. It may also be helpful to consult exercise and fitness experts when planning to start an exercise programme."

Professor Ken Nosaka, Lead Researcher at Edith Cowan University shares a pilot study which has begun, investigating if eccentric exercise can actually prevent cognitive decline. Eccentric exercise are slow, lengthening muscle contractions, specifically for a muscle. According to Dr Nosaka, the recent study shows efficacy in lowering blood pressure, bad cholesterol while increasing good cholesterol. Improved blood flow can help prevent cognitive decline, in turn lowering the risk of dementia and Alzheimer's. And because HUR equipment provide both eccentric and concentric exercise using air pressure technology; this makes it ideal for senior rehabilitation and exercise. The pneumatic technology allows for a gradual increase in weight, thus minimising stress on joints and tissue.

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Co-founder of ASPIRE55, Janice Chia shares how seniors have improved over the years since they joined and their progression is no small feat. “Mrs Y, 68 year old female, has been with ASPIRE55 for 5 years. With diligent exercises twice a week, her muscle strength has increased and her form has also improved since working out on the HUR equipment.” Looking at Ref A, there was a significant drop during the Circuit Breaker in 2020. However, there has been gradual improvement to get back to pre-Covid fitness level and form. The diagram refers to the results of exercise done using the Back Extension Load equipment by HUR.



Image: Ref A

In Singapore the utilization of non-private sports, physical activity and exercise services is either free-of-charge or fairly reasonably priced. HUR equipment can be found at nine ActiveSG gyms around Singapore (listed below), active ageing hubs, rehabilitation centres, nursing homes, four hospitals and Republic Polytechnic, where they are used in training courses.

[ActiveSG Gym @ Jurong Lakeside](#)
[ActiveSG Gym @ Hockey Village](#)
[ActiveSG Gym @ Toa Payoh Sports Centre](#)

[ActiveSG Gym @ AMK CC](#)
[ActiveSG Gym @ Heartbeat Bedok](#)
[ActiveSG Gym @ Tampines HUB](#)
[ActiveSG Gym @ Enabling Village](#)
[ActiveSG Gym @ Kallang Basin](#)
[ActiveSG Gym @ Serangoon Central](#)
[ASPIRE55 Health Club @ One Commonwealth](#)

Learn more about ASPIRE55 (<https://www.aspire55.com/>) and HUR (<https://www.hursolutions.com/>).

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