

Guest Lecture on “Effect of Elastic Band Exercise Training for the Frail Elderly”

Date: Friday 1 February 2013

Time: 19:00-20:30

Venue: J213, Silver Jubilee Building, University of Macau

Language: English

Seat Availability: 30 seats

Registration & Enquiry: Ms. Vera Choi, Tel: 8397 8788

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Speaker:

Prof. Wook Song, Associate Professor of Department of Physical Education, Institute of Sports Science, Seoul National University, Korea

Abstract :

HAHA (Healthy Aging and Happy Aging) program was initially developed to integrate exercise intervention with health education for community-dwelling older adults funded by the Korean government. HAHA I study was primarily designed for the older adults with hypertension and type 2 diabetes. In HAHA hypertension group, we evaluated the effectiveness of the HAHA program (elastic band exercise + health education) and the hypothesis was that program would show significant improvement in BP control, and be positively associated with self-care behavior, exercise self-efficacy, physical activity, and health-related quality of life. In diabetes group, DSME (Diabetes self-management education) was performed with elastic band exercise training as an integrated intervention program. Furthermore, the effects of 12 weeks of an elastic band exercise program on body composition, physical fitness level, blood lipid profiles, anabolic hormones, and inflammatory cytokines were also examined. More recently, as a follow-up of HAHA I program, HAHA II study was conducted with the funding of SNU (Seoul National University) Brain Fusion. Since frailty is associated with increase of morbidity and reduced functional capacity as a common syndrome in older adults, the purpose of the HAHA II study was to determine the effect of elastic band exercise training on body composition and physical function of frail older adults including SPPB, grip strength, stair climbing, sit & reach, and leg isokinetic strength. In addition, the efficacy of self-directed group exercise as a follow-up after supervised exercise was evaluated.