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The i-ExC game: Enhance cognitive performance, physical fitness and interaction in the normal elderly

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With the growing population of older people, falling is one of the common problems that increase their morbidity. While as the common task of daily life, such as walking is depend on both cognitive function and physical fitness. So, the effectual way to reduce incident of falling is to strengthen the power of walking by increasing power of brain, body and their interaction. The i-ExC game (interaction of exercise for physical fitness and cognition) seems to be a safe, efficacious tool to improve cognitive performance, physical fitness and both correlation function in the same time. Accordingly, the creative designed of i-ExC game is able to motivate the elderly to join for training with fun every day. The game also provides social opportunities with the friends, family so it would be more than game for elderly to adapt their limited range of body, brain, activities of daily living and social to be more powerful in their golden years of life.

Biography

Solaphat Hemrungronj has her proficiency in clinical dementia care, cognitive assessment and computerized cognitive training. She has experience in dementia research, service, teaching medical students and psychiatric residents in University Hospital, Bangkok, Thailand.

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