

Gymnastica dolce Memory Training

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The project “Gymnastica dolce memory training” is based on the combination of soft aerobic gymnastic and cognitive training through stimulation of attention and memory by connecting movements to colours, sounds and words.

The project is aimed to enhance physical and cognitive activity for people over 60.

The innovative aspect of this project is the simultaneous training of body and mind through motion exercises practised in a group

The project is aimed to:

- 1) promote active health lifestyle**
- 2) promote physical activity**
- 3) improve self-esteem**
- 4) increase the chances of social opportunities**
- 5) counteract sedentary lifestyle, helping to prolong physiological and mental autonomy**
- 6) reduce the need to see the general practitioner**
- 7) increase, through a proper communication, the awareness that correct lifestyles.**

The activities developed are:

- a) two weekly meetings in groups of 15-20, lasting an hour each for eight months;**
- b) lessons of 60 minutes of soft aerobic training, in connection with names, colours, music and odour.**

Lessons are held by teachers with a degree in Motion Science and specifically trained for the project

A survey is conducted among 200 normal over 60s. Is compared a sample of subjects who practised with the ones who didn't using the pre-post method after a two month training period

Results

Improvement of physical, cognitive, affective and self-esteem condition for the people involved.

Increased independence and acquisition of new incentives and interests and finally reduced the need for medical care.

80% of the 200 tested individuals showed significant improvement in the psycho-physical wellness perceived by the subjects, as demonstrated by results of the tests of which the survey consisted (MMSE, REY, symbol digit, TNTA-B, phonemic fluency, GDS, MACQ, EuroQOL 5, IADL).

Almost 90% of people enrolled in the program, about 3200 people, are regularly practicing and declared their satisfaction with the activity.

Conclusions

The results showed how this training method can benefit healthy over 60s and could be extended to all people in the same conditions as the tested individuals.

