

The Effects of Functional Physical Fitness in Community Elders After Gyrokinesis



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INTRODUCTION

Physical fitness is a critical indicator of overall health in aging populations. Functional fitness assessments provide insights into an individual's physical capacity.

Gyrokinesis, a chair-based exercise, offers a suitable option for older adults with limited mobility. This study investigates its efficacy in improving functional fitness in community-dwelling older adults.

METHODS

- ★ **Participants:** 44 elders, aged 73-84y/o
4 Male and 40 Female
- ★ **Community:** Hondao Senior Citizen's Welfare Foundation
- ★ **Intervention:** 12 classes over 6 months
Each session 120 min
- ★ **Reinforcement:** broadcasts, posters
home exercise instructions
- ★ **Assessment Components:**
 - 30-sec Chair Stand Test
 - 30-sec Arm Curl Test
 - 2-Minute Step Test
 - Back Scratch Test
 - Chair Sit-and-Reach Test

RESULTS

Significant Improvements: (P<0.0.5)

- **Chair Sit-and-Reach:** $p = 0.0003$
- **Back Scratch Test :** $p = 0.007$

Non-Significant Findings:

- **Chair Stand Test:** $p = 0.193$
- **Arm Curl Test:** $p = 0.674$
- **2-Minute Step Test:** $p = 0.551$

DISCUSSION

"Gyrokinesis primarily enhances flexibility due to bodyweight movements aimed at increasing range of motion."

Lack of significant gains in strength and endurance may be attributed to the **low frequency** (twice monthly) of the sessions

Flexibility improvements tend to manifest **faster** than other physiological adaptations, explaining the significant gains observed within the study period.

HEALTH PROMOTION RELEVANCE

Gyrokinesis is an effective, accessible method to enhance functional flexibility in community settings. It supports the mission of health-promoting hospitals to encourage activity outside clinical environments.