

New Types of Fitness Equipment for Seniors-Based on Beginning Movement Load Training

Authors : Chia-Chi Chen, Tai-Sheng Huang

Abstract : Ageing society has been spread around the world. The global population is not only ageing but also declining. The structure of population has changed, which has a significant impact on both the economies and industries. Thus, how to be a healthy senior citizen to relieve the burden to the family and society will be a popular issue. Although fitness equipment manufacturing industry has been mature, the ageing population is still increasing. Therefore, this study aims to design an innovative style of fitness equipment for senior citizens, based on BMLT presented by Dr. Koyama Hirofumi. The analysis of current fitness equipment on the market and the future trend will be applied in the study. With the coming of information age, senior citizens in the future are the users of information product for sure, and the new style of fitness equipment will be combined with information technology as well. Through this study, it is believed to design an innovative style of fitness equipment for seniors and help them live heartier and happier lives.

Keywords : aging society, BMLT (Beginning Movement Load Training), seniors, new style of fitness equipment

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