



Using interactive technologies  
to engage older adults in  
exercise habits for improved  
balance and aging-in-place

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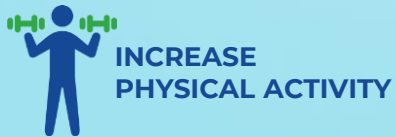
## About Us

- Founded in 2012 to promote therapeutic exercise by making it more engaging.
- Through video-games and motion sensing, our technology transforms therapeutic exercise into an exciting interactive experience.
- Our flagship product is a cutting-edge interactive kiosk that is used in over 350 rehab facilities around the world
- Our newest program, LudoFit, aims to make our high-end technology accessible and affordable to everyone.



## Benefits of Exercise Games

Healthy aging is a mind-body effort. Studies have shown that “exergaming” not only increases exercise adherence, but is also associated with improved cognitive function.



## How it works

### Step 1



#### Download the App

Download LudoFit onto your Windows PC, Mac or iPad

### Step 2



#### Take a 30-second test

A quick strength test personalizes the exercise video games to your fitness level.

### Step 3



#### Start your exercises

Enjoy different LudoFit games as often as you'd like. As you get better, the games get harder.

### Step 4



#### Track your progress

Take a look at your dashboard to see how you're improving.



## Pilot with Fraser Health

LudoFit was provided to participants at their Fall Prevention clinic. 10 Participants used LudoFit. The pilot is still in progress, but here's what participants Sheryl and Lilian had to say:

**Sheryl:** “When we heard about it through Fraser Health, We were quite excited. It’s something you could do in your house and gives you the same ability to exercise without a something and having to be with a bunch of people. I would describe it as a really cool workout app that instead of doing normal exercises like classes, you go rock climbing or ride a bike or skiing. It's a game you're playing that's the exercise you're doing. It is a vital resource.”

**Lilian:** “I do it 2-3 times per week. I think it is helpful, and it is also fun. I enjoy it. I like that I am doing things that are helpful to me physically, and it is fun doing it, and it’s not a chore. It asks you how you feel and adjusts the challenge.”

## Driven by the Evidence

The exercise content for LudoFit is primarily based on two clinically-proven fall-prevention programs:

- Tai Chi: Moving for Better Balance (shown to reduce falls by 55% <sup>1)</sup>)
- Otago Fall Prevention program (shown to reduce falls by 35% <sup>2)</sup>)

Clinical goal	Exercise	Evidence	LudoFit Content
<b>Postural awareness</b>	Diaphragmatic breathing	Tai Chi: Moving for Better Balance	Messaging in all activities
<b>Hip strength</b>	Squats	Otago Fall Prevention program	Ski the Italian Alps Explore the Egyptian Temple
<b>General Balance</b>	Reaching inside and outside base of support	Tai Chi: Moving for Better Balance	Rock Climbing in Thailand New Zealand Adventure Kayaking in Chile
<b>Static standing balance</b>	Weight shifting	Tai Chi: Moving for Better Balance	Ski the Italian Alps
<b>Dynamic standing balance</b>	Side-stepping	Otago program	Rock Climbing in Thailand Explore the Egyptian Temple
	Walking in place	Otago program	Cycling the Tour de France
<b>Core strength</b>	Trunk lateral flexion	Tai Chi: Moving for Better Balance	New Zealand Adventure White Water Rafting
<b>Cardio</b>	Walking in place	Otago program	Cycling the Tour de France
<b>Dual Tasking</b>	Spaced retrieval memory training	Numerous clinical studies	Explore the Egyptian Temple

1) <http://publichealth.lacounty.gov/owh/docs/Tai%20Chi%20MBB%20pdf.pdf>

2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5362608/>



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