

July 2023



NEWSLETTER FOR HAPPY SENIORS

Fall Prevention Exercise for Elders in Kaduwela



Boy's Scouts and MOH staff with the elderly community

Background

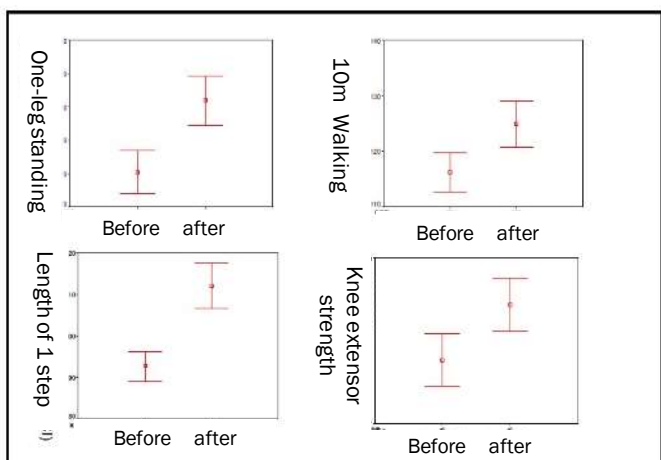
Arakawa Koroban Calisthenics is an unique exercise program of care prevention for elders developed by collaboration with the Tokyo Metropolitan University and Arakawa Ward, Tokyo, Japan. The philosophy of Arakawa Koroban Calisthenics is to maintain a strong and stable body for preventing falls and enhancing overall physical well-being. The program combines a series of gentle exercises focusing on strengthening the core, lower body, and upper body. These exercises are designed to improve balance, coordination, flexibility, and muscle tone, strengthen stability and reduce risk of falls.

Dr.Lamahewage Chaminda Niroshan Silva, Public Health Doctor working for MOH office in Kaduwela, which is one of the pilot site in the JICA Project for Capacity Enhancement of Elderly Service in the Community (ProCEES), joined the training session in Japan in October 2022 and learned Arakawa Koroban Calisthenics,

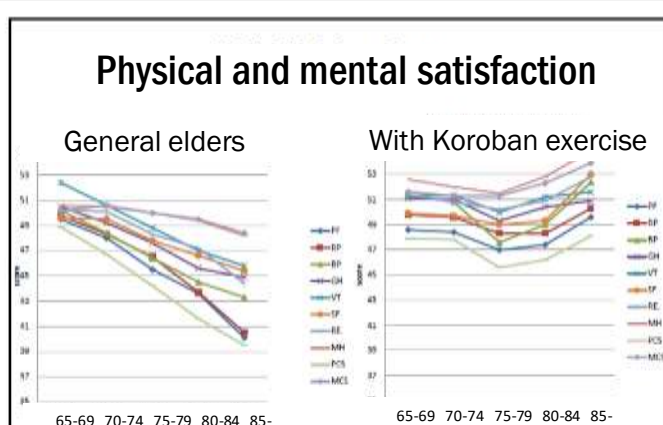
After coming back to Sri Lanka, Dr.Niroshan has made efforts to introduce and expand this program in Kaduwela. He has learned more details using video and YouTube with his colleague, Mr. Kasun Nalaka Perera, a master trainer of the exercise in the Kaduwela MOH office, and started to conduct the exercise session in several communities. Dr.Niroshan has communicated and collaborated with youth group such as youth volunteers, lions club and scouts of Boy's school Malabe for the implementation since March 2023. This article introduce activity in Malabe in April as an example.

Column: Evidence of effectiveness of Arakawa Koroban Calisthenics

There are evidences that Koroban exercise improve both physical function and quality of life among the elders.



Koroban calisthenics 4months effect changes in physical function



Participants of the exercise program showed higher level of physical and mental satisfaction.

✓ Aims of the exercise program

The philosophy behind Arakawa Koroban Calisthenics is centred on the idea that maintaining a strong and stable body is essential for preventing falls and enhancing overall physical well-being for elders. The program combines a series of gentle exercises that target specific muscle groups, focusing on strengthening the core, lower body, and upper body. These exercises are designed to improve balance, coordination, flexibility, and muscle tone, promoting stability and reducing the risk of falls.



Elder's exercising

Key Features

Overall effectiveness

By regular practice,

- develop better proprioception and body awareness
- improve their concentration, reaction time, and overall awareness of their surroundings.
- enhance their flexibility, joint mobility, and coordination.
- enhance stability and improve the ability to perform daily activities with ease.
- thereby reducing the likelihood of falls.

Balance Enhancement



These exercises include single-leg stands, heel-to-toe walking, and weight shifting, which strengthen balance.

Strengthening Muscles



Strengthening muscles is crucial to maintain stability and prevent falls. Exercises such as squats, lunges, calf raises, and arm curls help to increase body strength.

Coordination and Flexibility



Exercises involve reaching, stretching, and performing controlled movements that improve flexibility and coordination of body.

Mind-Body Connection



Participants are encouraged to focus on their breathing, posture, and movements, fostering a strong mind-body connection.

✓ To make calisthenics effective

- Exercises are effective when performed at least two days a week, twice a day.
- Before performing the calisthenics, do some light preparatory exercises such as stretching.
- For each pose, move your body while being aware of the muscles to be strengthened.



Elderly participants

✓ Comments from the Organizers



Introduction of exercise to elders designed specifically for them has become a national requirement to improve the healthy life expectancy in our aging population. This can be done easily in Sri Lanka using already available human and material resources in the community.

- Dr. Niroshan Silva (MOH - Kaduwela)



Many senior and junior children participated and provided their services in the program organized by Mrs. Surangi, with the help of parents committee. It was successfully conducted as a scout community care service program on the full instructions of the School Principle, Mr. Sisira Gunaratne to improve elderly health.

- Mrs. Surangi Silva Boy's School Malabe



Boy's scouts Malabe school



Introducing "Arakawa Koroban Calisthenics", I believe it may inspire and encourage elders to pursue physical well-being.



- Mr. Kasun Perera, Mastertrainer MOH Kaduwela



I am grateful on behalf of Boy's scouts association in Malabe Boy's school for organizing this program for our elderly committee.

- Sadunu Bimsara Boy's Scout president, Boy's School Malabe

Messages from the participants



I am suffering from Osteoarthritis. I can not move my hands easily and they also have numbness. I felt a relief after doing these exercises.

- Mrs. Soma Hiripitiya



I am 60 years old now. I have diabetics for 10 years. Even though I take medications, I feel fatigue. Because of that, I can not do work properly. But after completing these exercises, I felt good.

- Mrs. S. Padmini



I was a body builder in my youth years. Now being elderly, this exercise took me back 10 years of my life. I am very happy to be presented today.

- President of Elder committee



As an elderly citizen in the community, I am very grateful for this program and thankful of Boy's School Malabe and Kaduwela MOH for giving us elders this opportunity to do these exercises.

- Elder citizen

Please send good activity in your community to
jica.procees@gmail.com

Directorate of Youth, Elders and Disabled, Ministry of Health
National Secretariat for Elders, Ministry of Women, Child Affairs and Social Empowerment
Japan International Cooperation Agency (JICA) Project for Capacity Enhancement of Elderly Service in the Community



Project office
National Secretariat for Elders (NSE),
Address: Block D, 2nd floor, Sethsiripaya Stage (II), Battaramulla, Colombo
Email: jica.procees@gmail.com

