

Call For Participants



Interactive video gaming to improve balance and decrease risk of falls.

40 min(s) to complete

Sincere Gratitude

Experiment

University Rd, Loughborough
LE11, UK

Loughborough University

In this study, we aim to determine whether playing interactive videogames on a balance board using a Nintendo Wii device can help improve older adults balance and decrease their risk of falls. We chose to concentrate on videogames because in recent research older adult have reported being bored, unexcited and not motivated when asked to use traditional methods of exercise. Research has also shown that older adult people are not regularly engaging in physical activity.

Find out more online

Poster printed on 29/03/2025 Study expires on 01/05/2020

More info
by scanning the QR code
or visiting the URL

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