

Effects of Physical and Mental Function Activation Qigong Intervention on Promoting Physical Fitness Benefits

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Abstract:

With advancements in medical technology, increasing life expectancy, and declining fertility rates, aging societies face growing medical, and caregiving demands. The COVID-19 pandemic accelerated the adoption of digital technologies, making smart solutions for elderly care a future trend. This study developed the "Silver Health Intelligent Management Platform" to promote health among elderly individuals through online exercise and health courses. Using surveys, focus groups, and a quasi-experimental design involving 50 elderly participants, the study compared traditional exercise handouts with smart platform interventions. Results showed the platform effectively improved participants' functional fitness after eight weeks and enabled real-time analysis of health consumption trends. Industry-academia collaboration further enhanced the platform's value by providing data for sports coaches and businesses to align with market needs, advancing health promotion and fostering synergy between academia and the sports industry.

Keywords:

aged society, smart exercise platform, fitness test, industry-academic cooperation.