



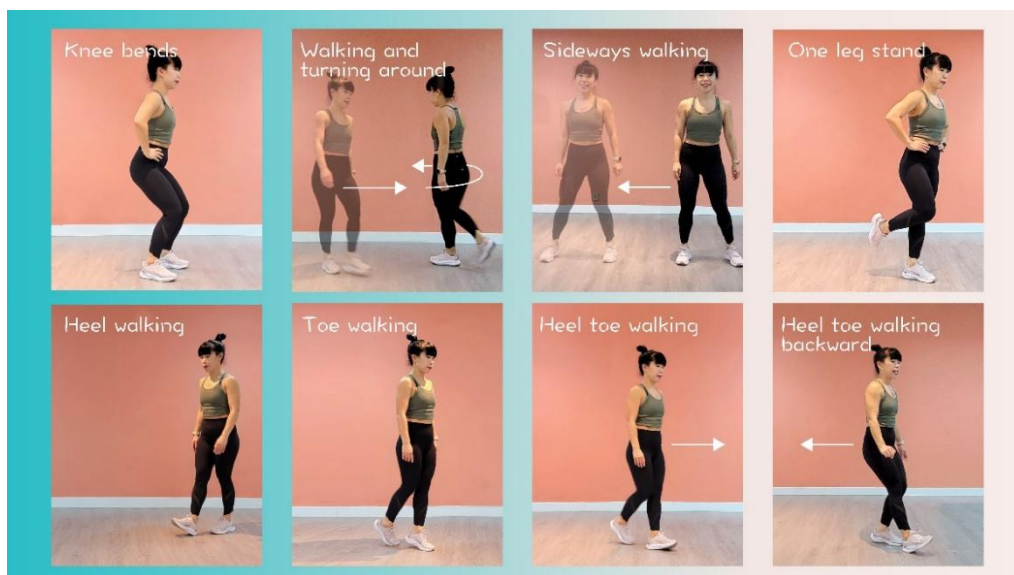
DanzUp

Topic: DanzUp Fall Prevention Programme

Have you ever experienced falls? Everyone falls, but the repetitiveness and severity of falls increase with age.

DanzUp is one of the winning teams of the Silver Age Startups programme organized by the PolyU Jockey Club Operation Solnno, which aims to provide dance training to older people to prevent falls and reduce the fall impacts on their bodies. The co-founder John and Sau came up with the idea of combining academic research results and dancing to design a program to practice the “prevention of falls for the elderly”. They adopted the content of the Otago Exercise Programme (OEP) and believed that it would be attractive to the younger cohort among elderly people if they incorporated fall prevention exercise into modern dance to allow them to learn how to prevent falls in an earlier stage.

At the event, Danzup will be demonstrating how they have combined dancing with fall prevention, interacting with the audience to show off the active lifestyles of young people and those over 50 alike.



Choreographer of Danzup integrate Otago related movement into the dance



DanzUp

題目：聞歌舞動，愉悅防跌

你有没有跌倒的經驗？人人都曾經跌倒，但跌倒的重覆性和嚴重性會因年齡而增加。

獲得「理大賽馬會社創『騷·In·廬』」「銀齡社創」起動基金的DanzUp計劃，提出利用舞蹈訓練，防止年長人士跌倒，減少對他們身體的影響。創辦人John和阿Sau希望結合學術研究和舞蹈設計實踐「長者防跌」。他們參考了奧塔哥防跌運動 (Otago Exercise Programme)的內容，認為如果能把防跌的訓練結合在現代舞蹈之中，將會有助吸引年輕長者來學習，提早預防跌倒。

在今次活動，DanzUp將會與台下觀眾互動，即時示範舞蹈如何與防跌結合，展示50+與年輕人合作活力的一面。



Danzup 編舞師把Otago相關的動作嵌入舞蹈之中