

6- and 8-week WIM Exercise Program with a Total of 40 Seniors



Walking Performance After Training

Before



보행속도 : 0.85m/s

After



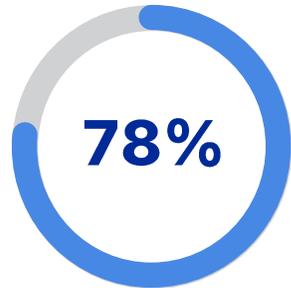
보행속도 : 1.13m/s (32.7% ↑)

Noticeable Improvements After WIM Exercise Program

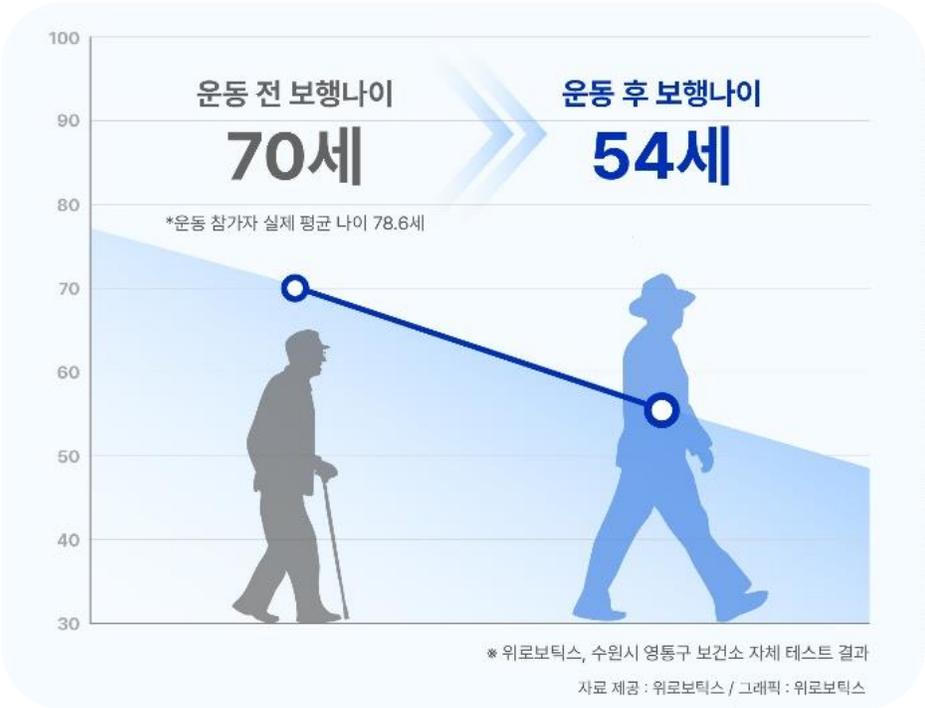
Enhancements in Walking / Physical Performance

Participants with Physical Improvements

*22% got the same or perfect score



Gait Age Improvements



Average of 22.4% increase in lower extremity strength (Hip 22.0%, Knee 16.1%, Ankle 29.5%)

