



Moto Tiles is a vital Covid-19 response tool for seniors to help avoiding health risks

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Moto Tiles, quite simply put, is a vital tool for seniors who are grappling with rehabilitation and readjusting to normal life during the COVID-19 pandemic. The health status of the world has been thrown massively into question in 2020 with the arrival and subsequent spread of this virus, but it is more than just the biological effects of the virus that can cause serious damage. Lockdown and isolation has become a common part of everyday life for many people, as alarming as it is, and may result in serious long-term costs on both a personal level for individuals, and a societal level for those communities missing out on social contact. Inactivity because of isolation and shutdown associated with COVID-19 will undoubtedly have far-reaching consequences that nobody can truly predict.

John Hopkins Medicine describes a myriad of symptoms and issues that will arise from these unprecedented levels of isolation and lockdown across the world. Physical inactivity can increase the risk of certain cancers, contribute to anxiety and depression, be a risk factor for certain cardiovascular diseases, and is associated with high blood pressure and elevated cholesterol levels. Sitting too much can cause a decrease in muscle mass, and with many people now working from home, these are very real issues. However, there are methods to cope with these, and the science back them up. Physical activity can reduce the risk of developing diabetes, and elderly people who are physically active reduce their risk of fall accidents whilst improving their ability to perform everyday activities.

The importance of physical activity and exercise has never been more pronounced,

especially at a time where people are unable to get to gyms and other such facilities where they might normally work out. Indeed, a comprehensive review of the scientific systematic reviews and meta-studies show that physically active older adults are at a reduced risk of all-cause and cardiovascular mortality, breast and prostate cancer, fractures, recurrent falls, ADL disability, and much more. Functional limitation, cognitive decline, dementia, Alzheimer's disease, and depression can all have their risks reduced by physical activity. This is where Moto Tiles comes in.

Moto Tiles is a set of ten pressure-sensing tiles that also comes with a tablet that is loaded with games and physical activities designed to be carried out anywhere. Each Moto Tile can sense pressure, and emits up to eight lights that can shine in all colours of the rainbow. The tiles themselves are designed akin to LEGO bricks, which can be put together in different shapes, such as a straight line, a square, or even a horseshoe. They can even be disconnected to enforce longer runs and greater amounts of physical exercise for the user. By changing the size and shape of the Moto Tiles, users can change the difficulty levels of the games and activities

Even a short period of inactivity, like the COVID-19 enforced lockdown period, can have dramatic health effects. Scientific experiments show that older people with an average age of 79 years who do not exercise for two months can experience significantly deteriorated balance and physical functioning skills. A mere two months can change someone's life in drastic ways. Inactivity is something that people can no longer afford to ignore. With the rapid decline in functional abilities and the

increased risk amongst inactive citizens, it is extremely important to make an effort as soon as possible both during and after the pandemic. Otherwise, the collateral effects of the shutdown and isolation will have far-reaching consequences on the functional abilities of these citizens and for the society.

Fortunately, Moto Tiles can make a seriously positive impact in the fight against inactivity and functional skill loss. The same scientific experiments that highlighted the danger of older people not exercising also show that older people who train or play with Moto Tiles just once or twice a week can significantly improve their balance and physical functioning skills. Playing different games that involves chasing colours and sound on the Moto Tiles for between ten and fifteen minutes once or twice a week is enough to combat the effects of inactivity. Other scientific experiments with Moto Tiles show that elderly people with reduced functional abilities can very quickly achieve significant improvements in both physical and cognitive functional abilities by the cheerful play.

On top of that, trials with Moto Tiles amongst people with depression have proved very effective. That is why Moto Tiles has won a wide range of international awards over the past two years, including the Oscar of the Eldercare Industry in Singapore, Tokyo, and London, and has also been named the Most Outstanding Healthcare Innovator in the World at The Global Awards. Moto Tiles are simple, and can be set up anywhere in less than a minute, allowing the tile play to take place in a common room, training room, private living room, or anywhere else they can fit. Anyone can understand the usage and physical play on the tiles as quickly as possible.



Ultimately, Moto Tiles is a superb and yet simple solution to the serious challenges posed by the inactivity that this imposed lockdown has caused to people all over the world. Moto Tiles creates excitement and joy, whilst reducing the risk of physical and cognitive impairment due to inactivity. Citizens all over the world can enjoy life and the ability to perform daily activities during and after the pandemic. There has never been a more important time to take care of yourself, and this brilliantly simple invention is the perfect way to take that first step.

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