

## Exercising tough for the aged? Not with Sit routine

By LOW MINMIN

A NEW exercise routine for those aged 55 to 85 will hit community centres and homes for the elderly soon.

The routine, called The Sit Exercise, draws on yoga and aerobics, as well as Cane-Fu, a martial art that involves the use of walking canes as a tool for self-defence.

The routine was not thought up by old folk looking to be more active but, rather, by a group of Singapore Management University (SMU) undergraduates working on a mini-project during a leadership and team-building module.

"The unique part of our exercise is that (elderly people) can do it anywhere, any time. The more convenient it is, the more they will feel like doing it," said Miss Vanessa Lee, a 20-year-old student co-leading the project.

Miss Stacie Henson, 21, a student mentor for the group, said: "We got the idea of Cane-Fu from the Internet and YouTube clips and, from there, we decided to adapt (some) ideas (to our routine)."

In The Sit Exercise, participants carry umbrellas, or canes, and move their arms and upper body to energetic music.

Cane-Fu, a martial art for the elderly, was pioneered in the United States by Grand Master Mark Shuey, who believes that canes are a practical weapon.

Incorporated into The Sit Exercise, the movements "increase muscle resistance in arms", said Miss Henson.

The Sit Exercise may even go global. A group of volunteers who visits senior citizens' homes in Orlando, Florida, has expressed interest in introducing the routine to the US.

The students demonstrated



**GETTING ACTIVE:** SMU undergraduates demonstrating The Sit Exercise, a routine involving umbrellas or canes, aimed at helping the elderly keep fit. (PHOTO: ONG WEE JIN)

The Sit Exercise at a media conference for the seventh SHINE Youth Festival 2011 recently. The project is funded entirely by the National Youth Council, the festival organiser.

The month-long festival, which hopes to reach out to some 250,000 young people, be-

gan on July 2 and is targeted at youth to celebrate and showcase their talents.

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◆ For more information on the SHINE Youth Festival, visit [www.shine.nyc.sg](http://www.shine.nyc.sg). To find out more about The Sit Exercise, call 9229-5448.