

# PISTA PINGPONG WITH ST. JOSEPH HOME FOR THE AGED



Introducing the collaboration between the PISTA Institute and St. Joseph Home for the Aged in Hong Kong, spearheaded by the dedicated efforts of Sister Cecilia. Leveraging technology and an approach, the PISTA Institute has introduced an initiative to enhance the lives of the elderly residents at St. Joseph Home.

Through the incorporation of sound and vibration via a PISTA Device, elderlies are now experiencing the joy of playing Ping Pong, a recreational activity that not only exercises their bodies but also stimulates their minds. This collaboration represents a remarkable fusion of science, compassion, and care, as the PISTA Institute continues its mission to improve the well-being of individuals across all generations.



# PISTA PINGPONG BENEFITS

**Physical Health:** Improves cardiovascular fitness, agility, and coordination.

**Cognitive Stimulation:** Enhances attention, concentration, and memory through sensory engagement.

**Social Interaction:** Fosters camaraderie, communication, and reduces loneliness.

**Emotional Well-being:** Uplifts mood, provides a sense of accomplishment and enjoyment.

**Stress Reduction:** Alleviates stress and anxiety by diverting attention and promoting relaxation.

**Sense of Purpose:** Instills vitality, autonomy, and self-worth, fostering a positive outlook.

**Physical Rehabilitation:** Aids in improving flexibility, strength, and range of motion for those recovering from injuries or managing chronic conditions.

