

# PISTA PINGPONG FOR COGNITIVE DECLINE



One notable approach within PISTA is the integration of table tennis as a key component in our program, specifically designed to prevent and manage the symptoms associated with Alzheimer's and Parkinson's diseases.

This innovative approach harnesses the physical, cognitive, and social benefits of table tennis, offering individuals with these conditions a therapeutic outlet that promotes motor skills, cognitive function, coordination, and social interaction, ultimately improving their overall well-being and quality of life.

**The incorporation of ping pong into the PISTA program brings several benefits to cognitive stimulation.**

- **Enhanced Focus and Attention**
- **Improved Hand-Eye Coordination**
- **Memory Enhancement**
- **Mental Flexibility**
- **Neuroplasticity Promotion**
- **Dual-Tasking Abilities**