



The World Ageing Festival (8 - 9 April 2025) at Marina Bay Sands

Description

This is the reason why I think we have gotten ageing wrong. I went to the World Ageing Festival thinking that I could get insights as to how I could maintain my health and perhaps, possibly, recover some lost years. However, the World Ageing Festival seemed to be more about how we are supposed to accept the eventual inevitability of us ageing and becoming weaker.

To be frank, it started out well. When my colleague and I entered the exhibition hall, the first exhibitor we stumbled upon was TechnoGym. If you are not already familiar with TechnoGym, they deal with high-end gym equipment. The focus is on fitness, health and wellness. That TechnoGym checkup seemed enticing so I stepped forward.

Oh and coincidentally I met my secondary schoolmate who is now with TechnoGym. Not bad, had a mini catch up session!



The TechnoGym checkup consisted of a series of tests. You had to download the TechnoGym app and create an account. From there they would give you a score out of 100 to indicate how you fared against people across your age group and gender.

I do not know who this was. But from the readings, this person scored 67/100. The body composition analysis required you to step on the scale and hold two handles. I believe some would be familiar with such tests that are usually available at some commercial gyms. This system by TechnoGym does have that similar function but it also tests other aspects of your body like flexibility, strength and mind to give you a more holistic overview of your overall wellness.



Someone was going through the body composition test. You need to remove your socks so that your bare skin makes contact with the metal portions of the scale and the handles. An electrical current passes through our body to get an estimate of the amount of body fat and muscle mass we are carrying.



This is one of the ways the system tests for flexibility. There is a camera at the front of the system. This is something like the Microsoft Kinect system. It can sense your body in space.



Ahâ?! my mind is doing wellâ?! The mind test involved you having to recall the location of certain items on the screen which would be flashed to you for a split second.

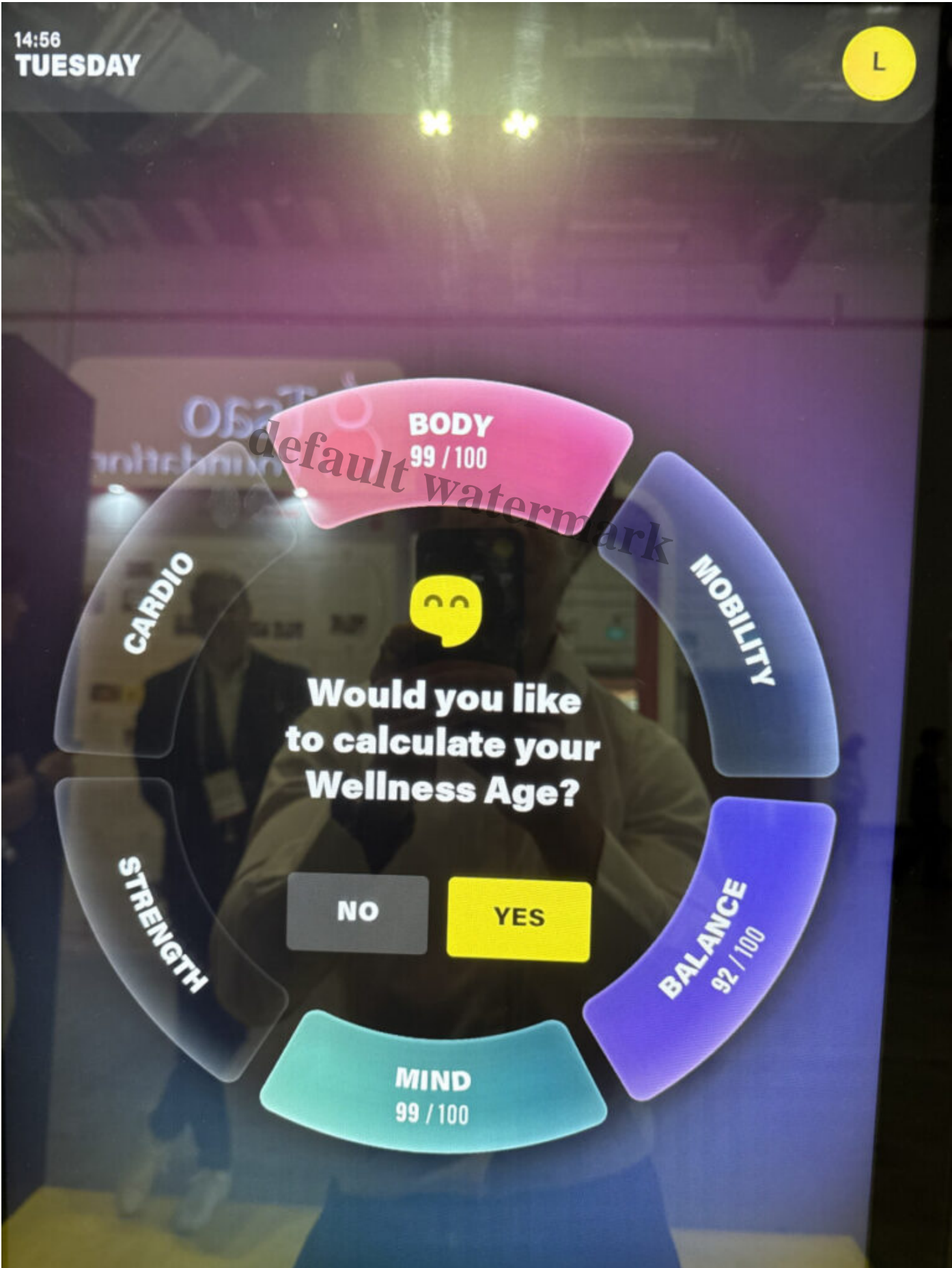
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I took the balance and body composition test as well. I did not complete the mobility test. I only took one mobility test which involved me stretching my hands over my head and the system would analyse my range of motion through the camera. I think I did well for that as well.

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14:56
TUESDAY



After looking at these numbers, I can safely say that eating healthy works.

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RETAKE

/100

OVERVIEW

Skeletal muscle mass (S...)

8 Apr 2025

50.7 % 34.9 kg

EXCELLENT

Total body water (TBW)

8 Apr 2025

66 % 45.5 kg

HIGH

Body fat mass (BFM)

8 Apr 2025

10.1 % 7 kg

EXCELLENT

OTHER MEASUREMENTS

Weight

8 Apr 2025

68.9 kg

Basal metabolic rate (BMR)

8 Apr 2025

1,707 kcal

AVERAGE

HIGHLIGHTS

Normal BMI is associated with a reduced risk of cardiovascular disease, and a balanced body composition contributes to better weight management and optimal metabolic health.



BODY

RETAKE

99
/100

68.9 kg

1,707 kcal

AVERAGE

BMI

8 Apr 2025

23

AVERAGE

Soft Lean Mass (SLM)

8 Apr 2025

84.9% 58.5 kg

EXCELLENT

Fat free mass (FFM)

8 Apr 2025

90% 62 kg

EXCELLENT

Extracellular water (ECW)

8 Apr 2025

37.8% 17.2 kg

LOW

Intracellular water (ICW)

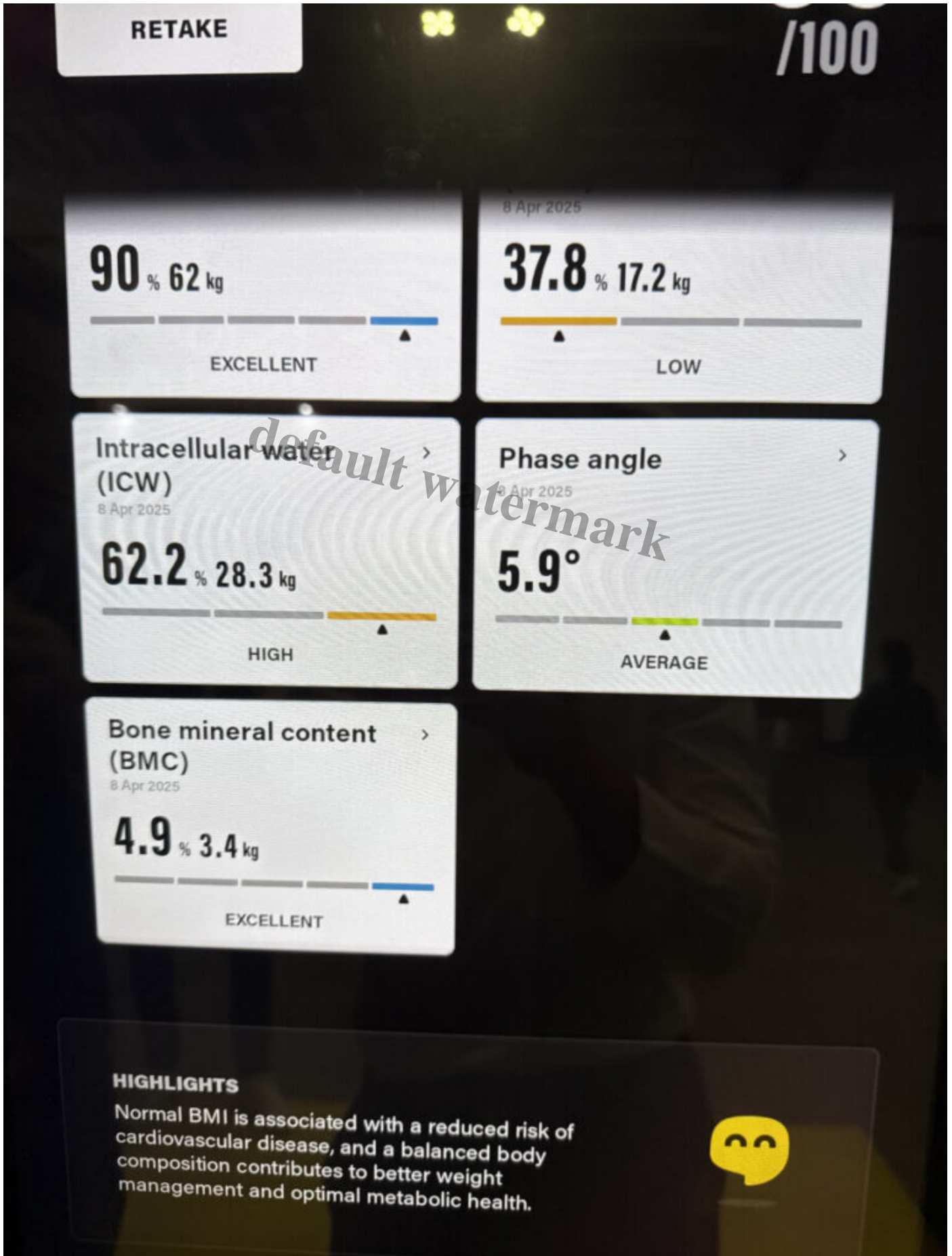
Phase angle

8 Apr 2025

HIGHLIGHTS

Normal BMI is associated with a reduced risk of cardiovascular disease, and a balanced body composition contributes to better weight management and optimal metabolic health.

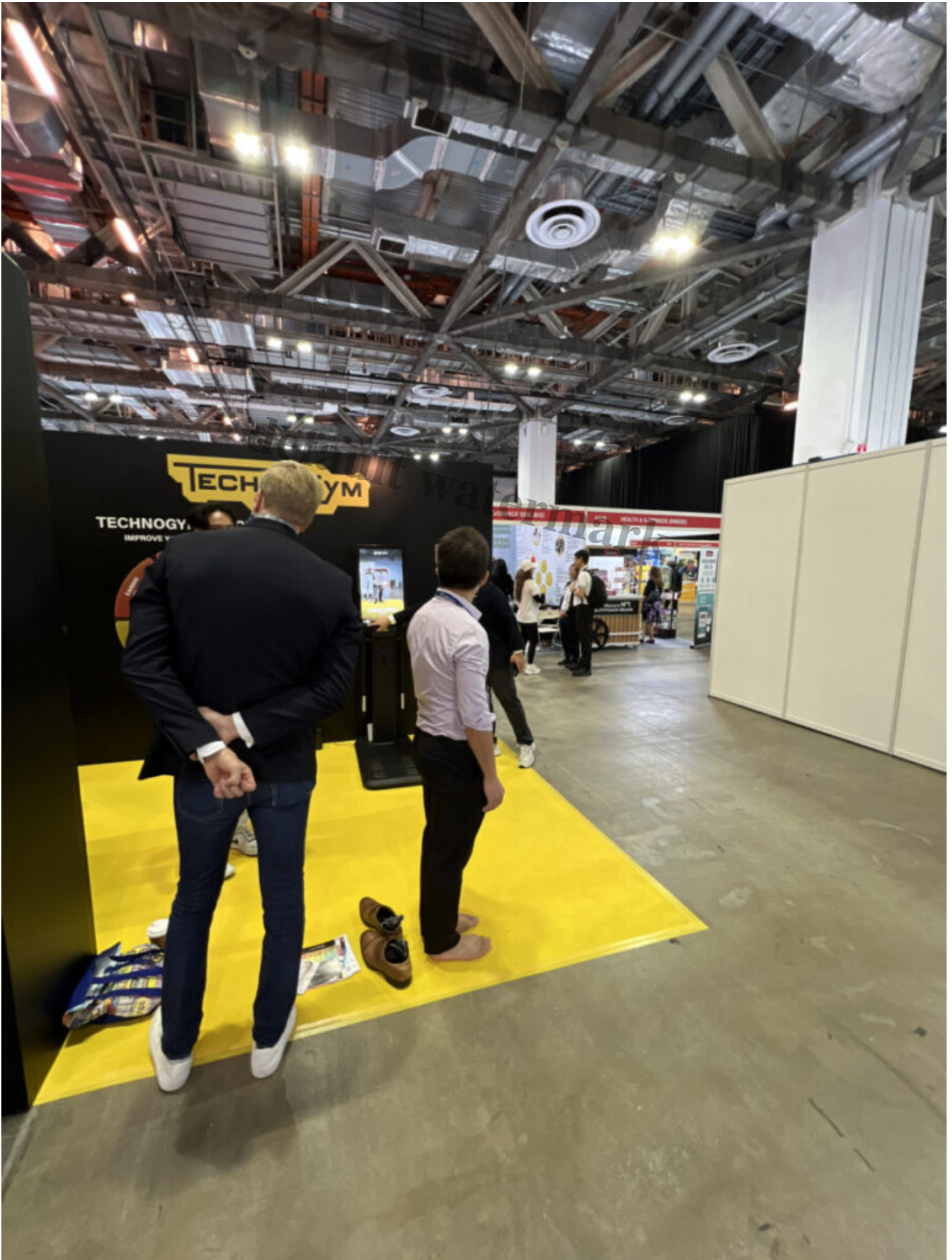




One thing I would like to know is whether the figures should be high or low. For example, my extracellular water is low. I need to know whether this is good or not and how to change this. Same for phase angle. I do not know what is that and how I can improve it. Perhaps something for TechnoGym to think about for future updates to their system?

Of course my colleague Willie wanted to try this out as well.

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This is him doing the balancing test.

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Now back to the rest of the exhibition.

Tsao Foundation is a non-profit foundation focused on successful ageing and active aging.

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Tsao Foundation
Longevity is Opportunity

OUR MILESTONES

Our Foundation's purpose is to share founder Mr. Tsao Ng Tu's vision for an inclusive society where every person can thrive, and the opportunities in longevity can be optimized to better people, their families, communities and society. Our milestones over the last three decades plus chart our evolution as a quest for constructive change to fulfil this mission, through innovation in service, training, education, research and collaboration.

2025 The Foundation continues to explore ways to use its resources, provide opportunities and support to the elderly.

2024 The Foundation continues to explore ways to use its resources, provide opportunities and support to the elderly.

2023 In 2023, the Foundation celebrated its 30th anniversary. To mark this milestone, the Foundation launched a series of initiatives to support the elderly, including the 'Elderly Care' program and the 'Elderly Care' program.

2022 The Foundation continues to explore ways to use its resources, provide opportunities and support to the elderly.

2021 The Foundation continues to explore ways to use its resources, provide opportunities and support to the elderly.

2020 The Foundation continues to explore ways to use its resources, provide opportunities and support to the elderly.

2019 The Foundation continues to explore ways to use its resources, provide opportunities and support to the elderly.

2018 The Foundation continues to explore ways to use its resources, provide opportunities and support to the elderly.

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2016 The Foundation continues to explore ways to use its resources, provide opportunities and support to the elderly.

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TSAO FOUNDATION
299 Tiong Bahru Road #15-01/04 Central Plaza Singapore 148738
Tsao Foundation is a Singapore-registered charity with an Institution of a Public Character (IPC) status.

Tel: +65 6973 9500

QR Code

Instagram: [Tsao Foundation](#)

YouTube: [Tsao Foundation](#)

Facebook: [Tsao Foundation](#)

Website: [www.tsaofoundation.org](#)

Then there was a vendor dealing with fittings for homes with seniors.

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I genuinely hope that social AI robots improve in terms of their looks very soon. I do not want something that looks like that in my home or anywhere close to me for that matter. I do not get why we need to make robots look like humans. Could we not just leave them as they are? I genuinely think having R2D2 roaming around my house is better than this!





There were a lot of exhibitors dealing with screening processes.









This is an AI-enabled thermography inpatient monitoring system.



This is some smart walking stick that can emit lasers?!



CE RoHS

Smart Walking Stick Passionately Designed in Singapore



Parkinson's disease (PD), the second most common neurodegenerative disease, affects 7-10 million people globally, with cases rising sharply over the last three decades. Prevalence of just PD is a common symptom reaching over 10% of PC patients. Disrupts daily life and increases the risk of falls, injuries, and loss of independence.

The LaserStick is a lightweight carbon fibre walking aid designed to combat PD, using clinically proven visual and audio-cueing techniques. It promotes safer, more independent mobility by reducing walking hesitation and preventing falls at a reasonable price.



Laser Line (Visual Cue)

A green laser line projects onto the floor, guiding users to step forward confidently. Its angle is adjustable for optimal positioning, and an integrated LED touchlight enhances safety in low light conditions.

Metronome Beat (Audio Cue)

A rhythmic metronome beat helps users maintain a steady walking pace. Individual speeds allow customization to suit individual walking rhythms.

Auto-Fall Alarm

If a fall occurs, an automatic alarm alerts caregivers for immediate assistance. This feature mitigates challenges like stress and social stigma during emergencies.

Interchangeable Base Design

The adjustable laser wand extends from a swivel base for maximum flexibility in a standard walking stick. All users receive lightweight ergonomics. This ensures that LaserStick evolves with user needs.



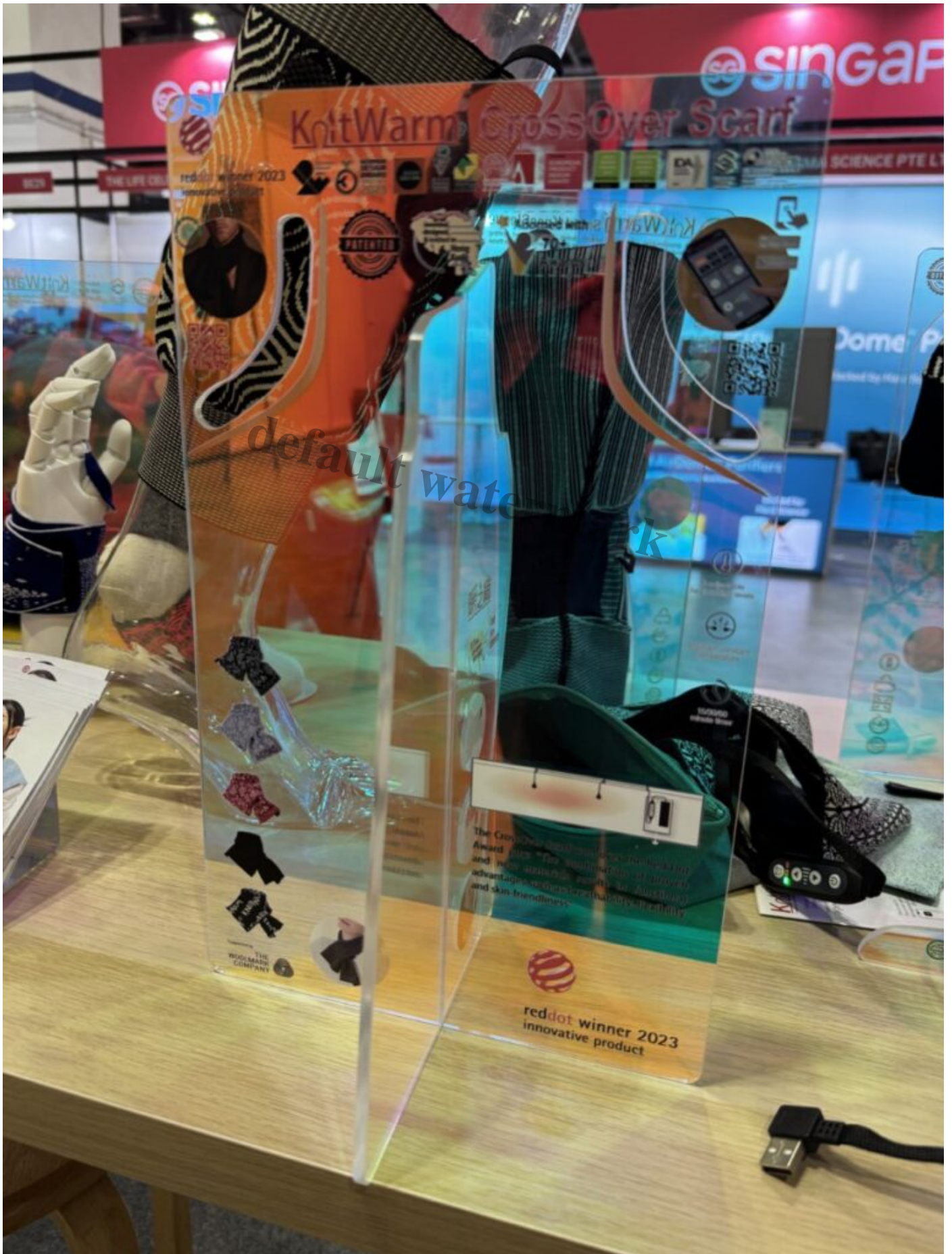
- 1 Laser Beam (Visual Cue)
- 2 Metronome Beat (Audio Cue)
- 3 Auto-Fall Alarm
- 4 LED Touch Light
- 5 MP3 Player, FM Radio



See what I mean by most of the exhibitors were not about how we can maintain health and wellness but rather about how to deal with the ailments that come with ageing?

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I must say that AI is playing a large role in exhibitions. Not just in this one.

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This exhibitor creates fitness and wellness solutions for sports performance, active aging and rehabilitation.



Overall, the place was not overly crowded. Considering that this is a two-day event, I think this is a very niche event catered more to those that run hospitals, nursing homes and organisations that deal with the elderly.



There were some talks going on. Once again, the topics were very niche.



Possible? This claims to improve cognitive functions. Perhaps delaying the onset of dementia?

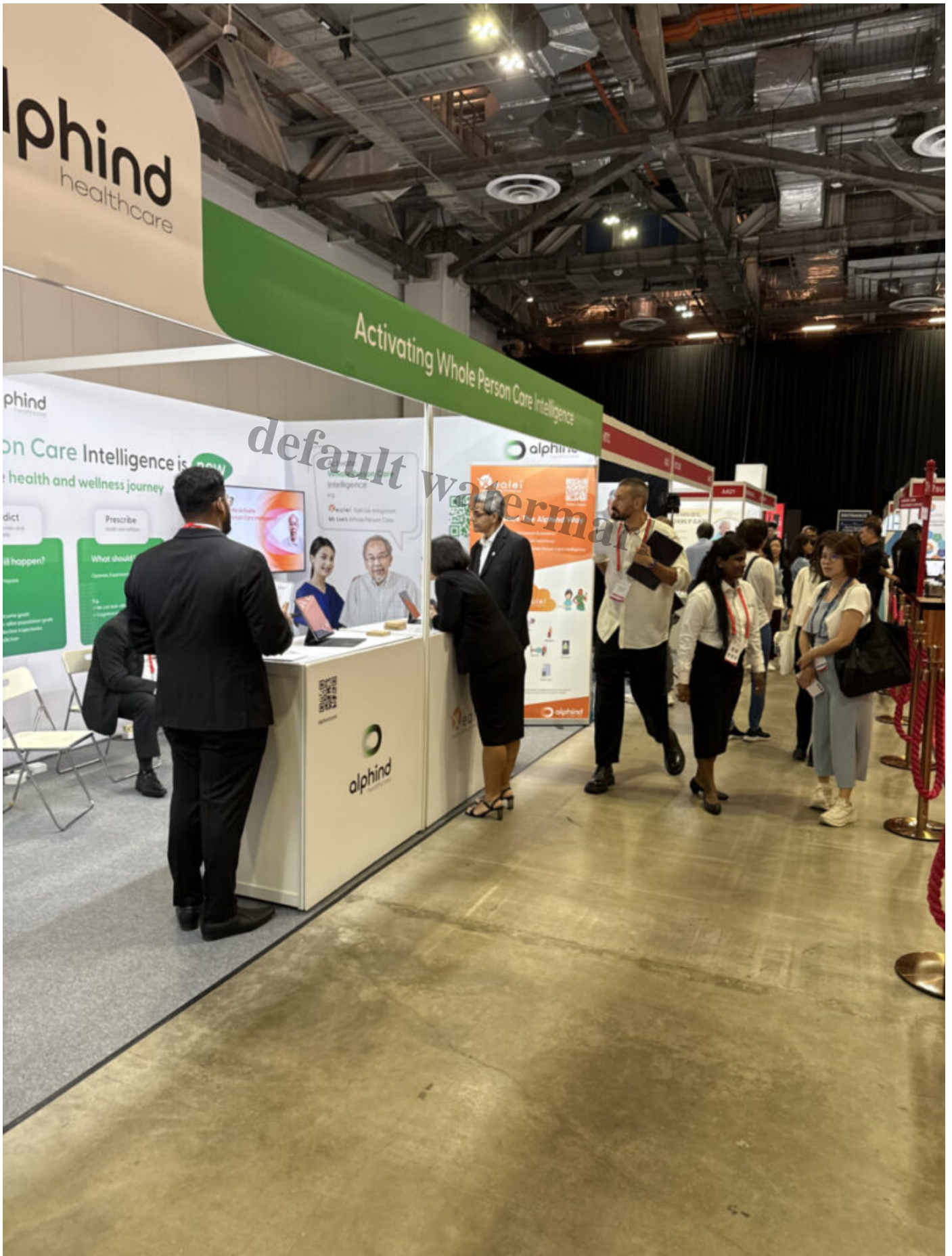




Here are some more photos of the event.















Perhaps in future reiterations of this event, we should think of how we can encourage those who are ageing to think about how to maintain and preserve what they have. Possible even improve? This event seemed to remind me that I will inevitably become old and these are the tools to help me get by!?

Well, if you are still interested in the festival, details can be found here:

<https://worldageingfestival.com/waf2025>

Yours sincerely,

Daryl



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Date Created

09/04/2025

Author

daryllum

Daryl Watermark