

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

Description

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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 sessionâ?¦



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.


TUESDAY
BODY
67
/100
RETAKE
Total body water (TBW)
52 32.7 kg
Body fat mass (BFM)
Weight
62.8 kg
Basal metabolic rate (BMR)
1,331
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.
TECHNOGYM
DOWNLOAD
TECHNOGYM APP
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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.



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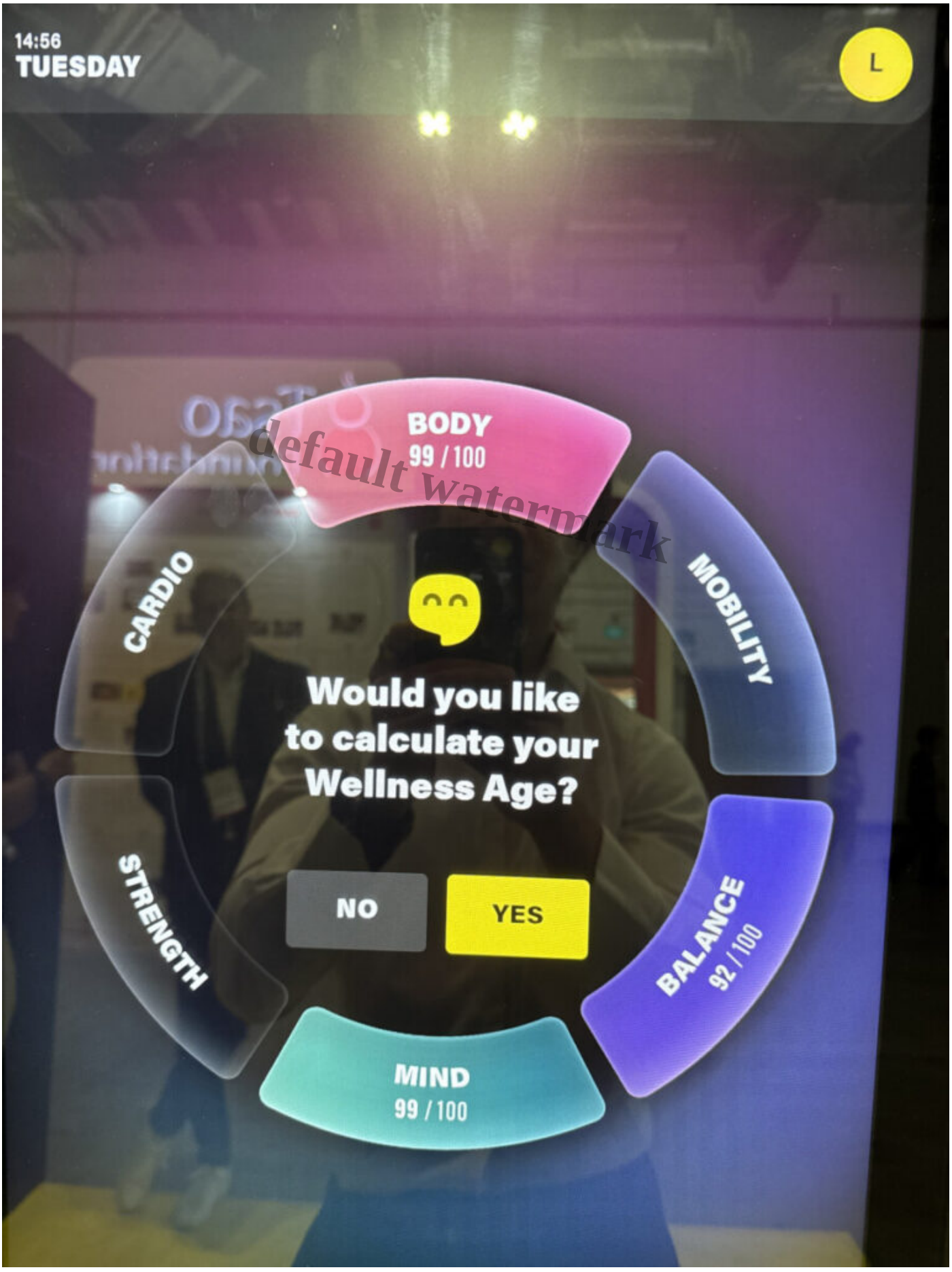
Ahâ?¦ my mind is doing wellâ?¦ The mind test involved you having to recall the location of certain items on the screen which would be flashed to you for a split second.

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14:56
TUESDAY
MIND
RETAKE
99
/100
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OVERVIEW
Brain speed
8 Apr 2025
25 ms
EXCELLENT
HIGHLIGHTS
A good cognitive level related to movement helps improve coordination, responsiveness, and problem-solving skills during physical activity. This synergy between mind and body leads to wellbeing and overall health by enhancing motivation and involvement in physical activities.

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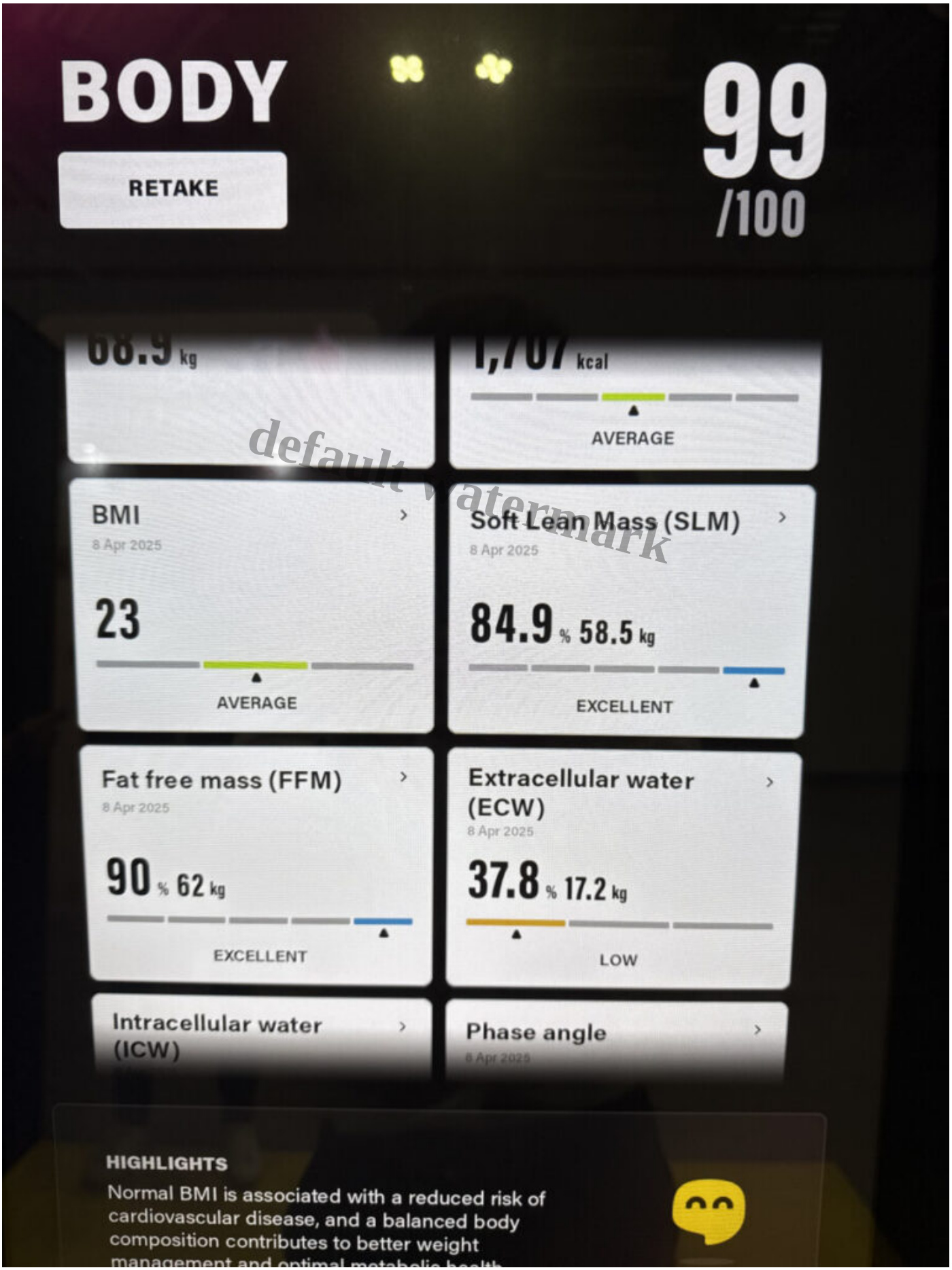
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After looking at these numbers, I can safely say that eating healthy works.

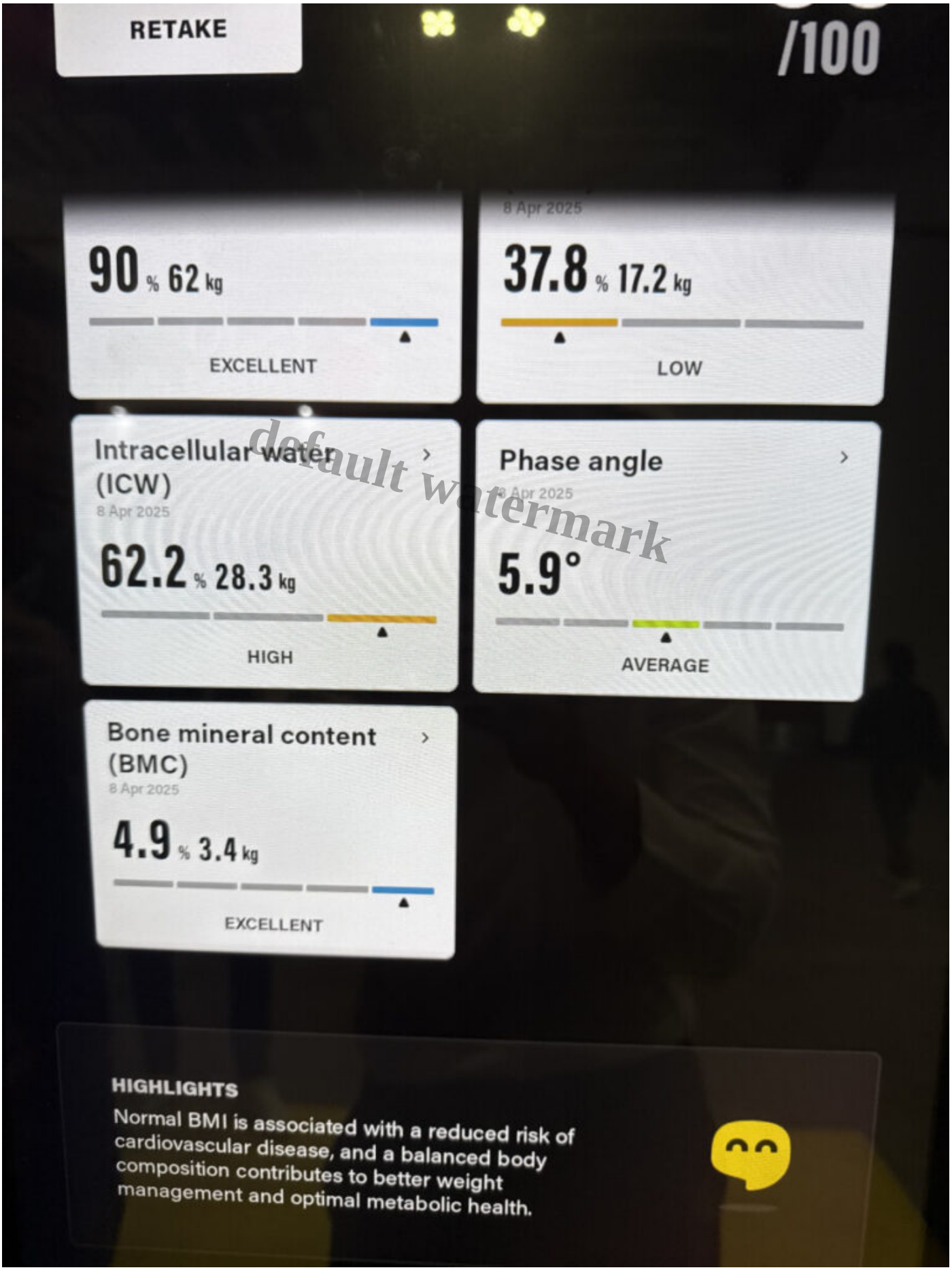
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One thing I would like to know is whether the figures should be high or low. For example, my extracellular water is low. I need to know whether this is good or not and how to change this. Same for phase angle. I do not know what is that and how I can 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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TECHNOGY

This is him doing the balancing test.

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TECHNOGYM
TECHNOGYM CHECKUP
IMPROVE YOUR WELLNESS AGE™
36
WELLNESS AGE


MILESTONES

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
Tsao Foundation
Longevity is Opportunity
OUR MILESTONES
2022
2023
2024
2025
2021
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Then there was a vendor dealing with fittings for homes with seniors.

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oak spring
Redefining Senior Living
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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 homeâ?¦ 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 thisâ?¦



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There were a lot of exhibitors dealing with screening processes.



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Innovatio
art of C
Well done!
Your score is 6
Play Again
Home
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BE24
READY DIGITAL
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This is an AI-enabled thermography inpatient monitoring system.



This is some smart walking stick that can emit lasersâ?¦

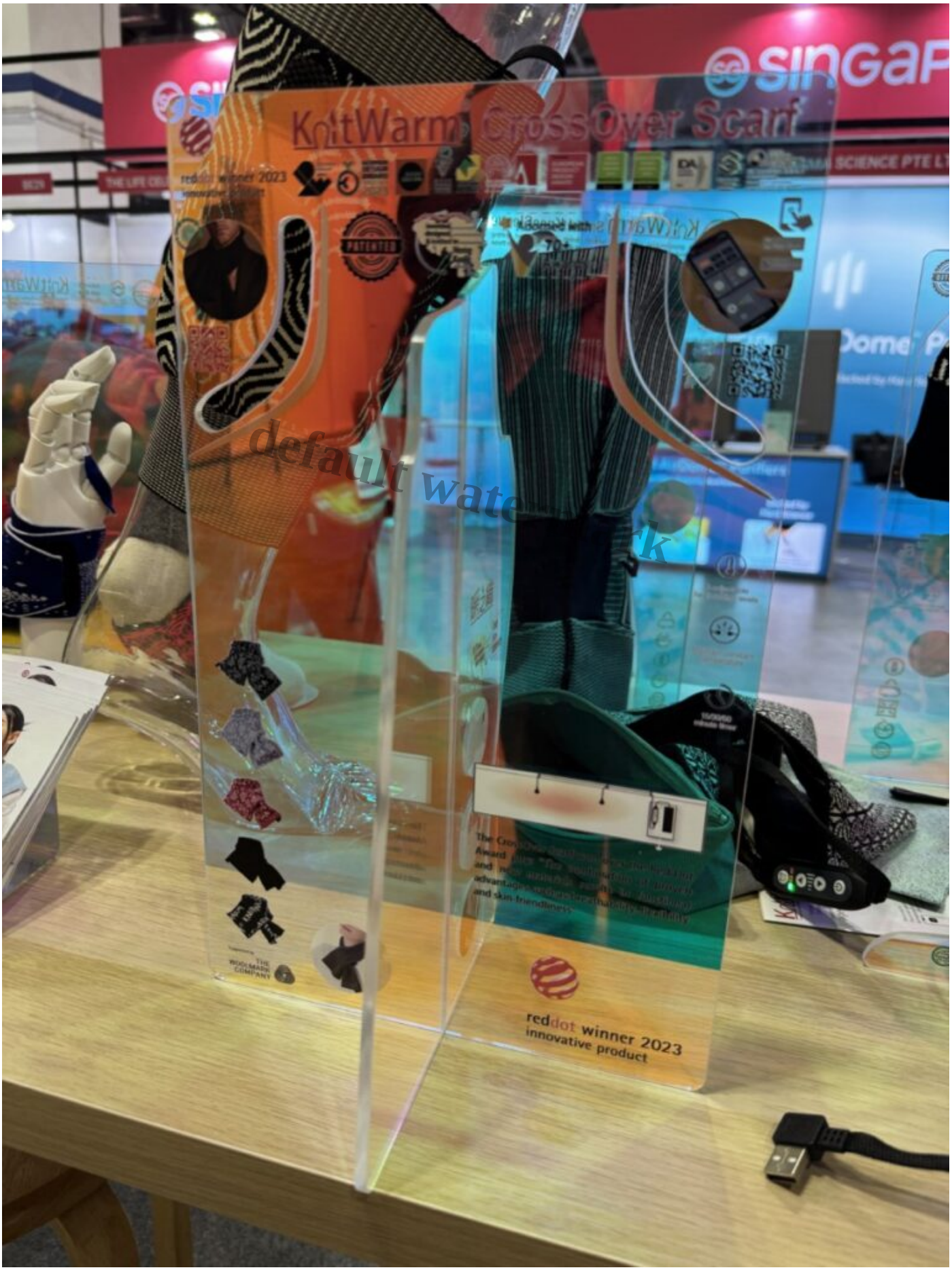

Dance with the Lights
WS-25L
WS-55L
WS-15L
WS-15L
WS-05L
CE RoHS
Smart Walking Stick Passionately Designed to Smile More
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Laser Line (Visual Cue)
Metronome Beat (Audio Cue)
Auto-Fall Alarm
Interchangeable Base Design


agegracefully

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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AdaptiveScarf
KnitWarm
agegracefully
The Peranakan Motifs redefine Singapore's heritage with a bold, modern twist where cultural nostalgia comes alive with a vibrant, fresh edge!
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GLOBAL DESIGN AWARDS 2025
KnitWarm


KnitWarm CrossOver Scarf
reddot winner 2023
innovative product

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.


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Foundation
About
The Tsao Foundation
TECHNOGYM
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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?



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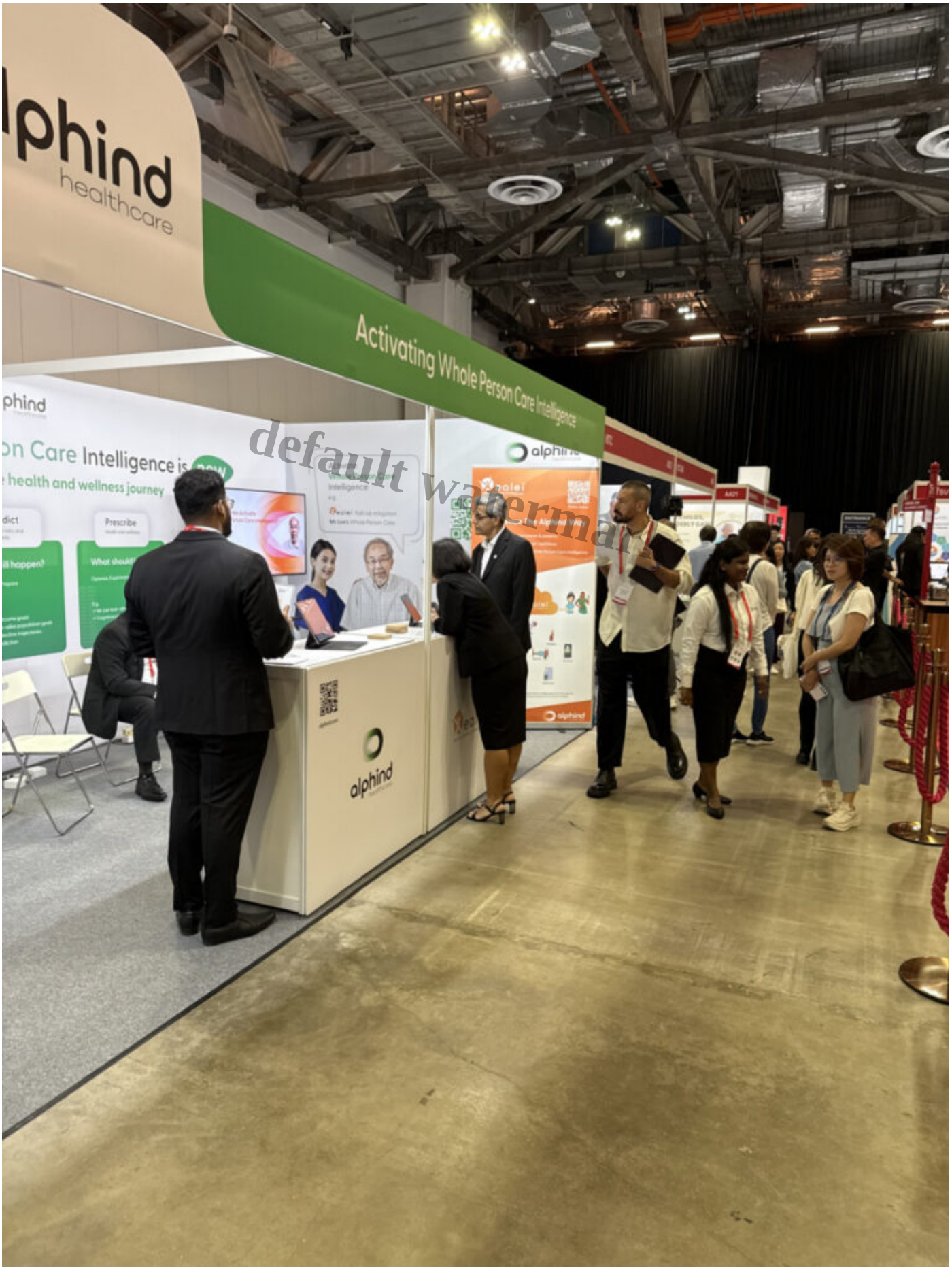


Here are some more photos of the event.


S PTE LTD
BF06
Have you screened your brain?
Early brain decline can lead to serious conditions like stroke and dementia.
Maintain your quality of life through early detection and intervention.
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MASSTRON PTE
MASSTRON
200,000+

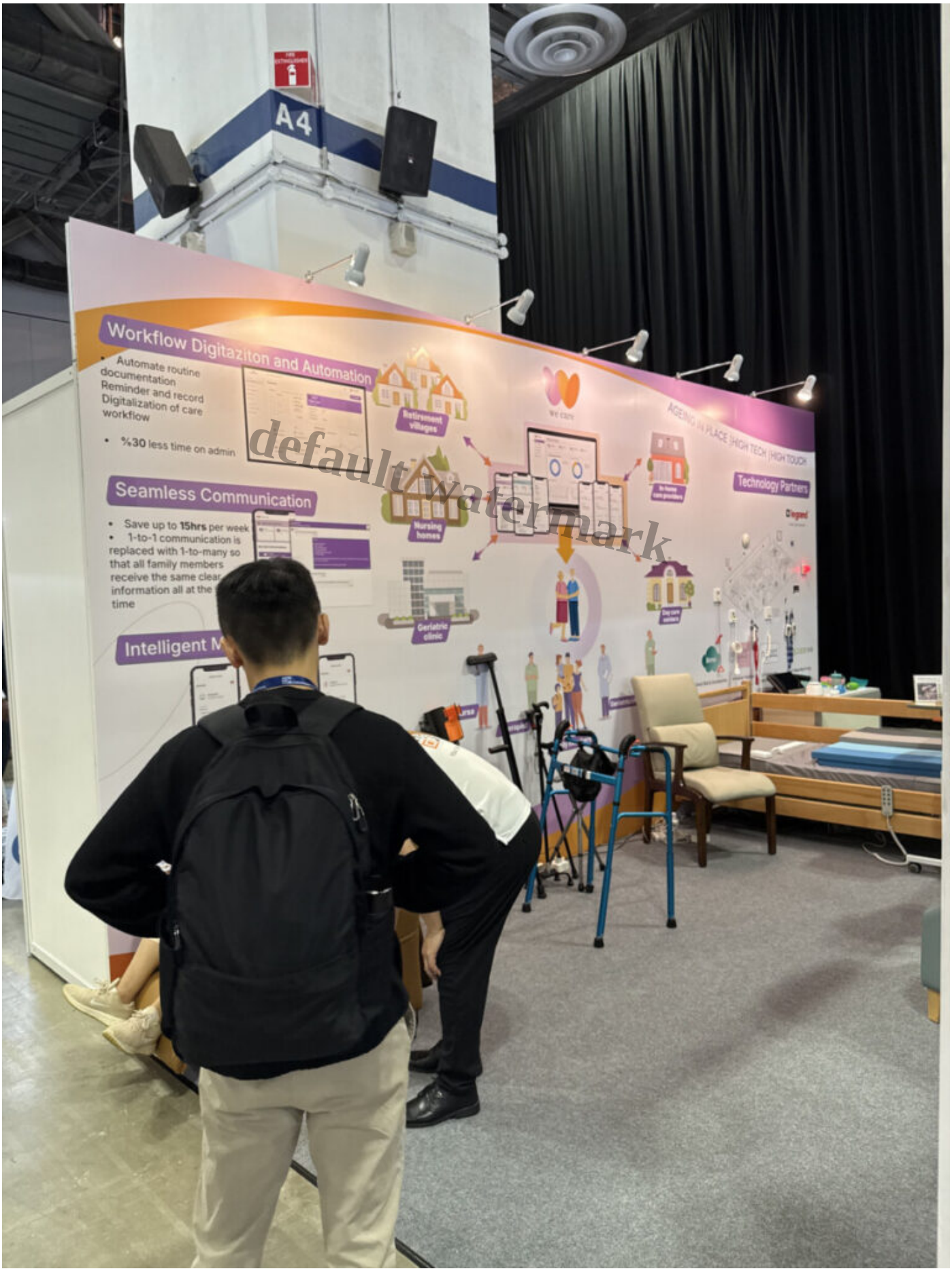


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Test your reaction time and win a
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When your cells work better, you work better.
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Workflow Digitaziton and Automation
Automate routine documentation
Reminder and record
Digitalization of care workflow
⅓30 less time on admin
Seamless Communication
Save up to 15hrs per week
1-to-1 communication is replaced with 1-to-many so that all family members receive the same clear information all at the time
Intelligent M
Retirement villages
Nursing homes
Geriatric clinic
Technology Partners
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AA14
HUR SmartFlow


Tsao
Foundation
Longevity is Opportunity
About
The Tsao Foundation

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 byâ?¦

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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