Join us October 17, 2018

Hitoshi Watanabe, PhD
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presents:

Physical Fitness for Helping Older Adults and the Visually Impaired Persons in Disaster Evacuation

Japan experiences uncountable natural disasters (i.e. tsunami, floods, typhoons, earthquakes, volcanic eruptions) that have occurred in the 21st century. Good news is that Japan has the highest levels of disaster preparedness drills and community trainings. Dr. Watanabe will present the research project that examined the physical fitness in care recipient and visually impaired persons, and health support staff, which may lead to improvements in skills or attitude preparedness for disasters.

Bonus demonstration: Skin stimulation (like tapping your skin with a pen) while having deep breathing will enhance your parasympathetic nerve functions and decrease your heart rate, and it will increase your flexibility. After this demonstration, he will explain about the muscle sympathetic nerve activity, as he teaches his graduate students about the role of physiological responses in his Health and Sports Sciences Experimental Laboratory.