



# Better Balance with BIXEPS

## The Dangers of Falls

Falls are a **leading cause** of **disability, injury, institutionalization and death** in elderly people.



1 in 3 community-dwelling elderly aged  $\geq 65$  years will have **at least one fall within a year** resulting in **serious injury**



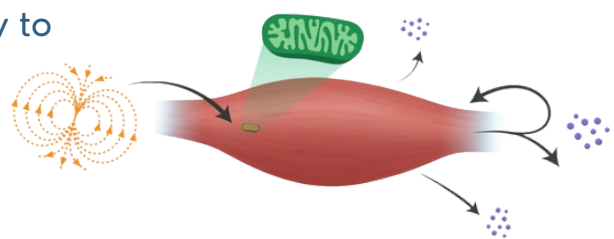
2 in 5 elderly fear falling and **avoid exercise** needed to improve balance

Ang GC, Low SL, How CH. Approach to falls among the elderly in the community. Singapore Med J. 2020 Mar;61(3):116-121. doi: 10.11622/smedj.2020029. PMID: 32488276; PMCID: PMC7905119  
 Hornyak V, Brach JS, Wert DM, Hile E, Studenski S, VanSwearingen JM. What is the relation between fear of falling and physical activity in older adults?. Arch Phys Med Rehabil. 2013;94(12):2529-2534. doi:10.1016/j.apmr.2013.06.013

## How does BIXEPS help?

BIXEPS uses magnetic muscle mitohormesis technology to bring you the benefits of **exercise without strain**.

Thus, increasing **BALANCE, GAIT SPEED** and **LEG STRENGTH** to improve confidence and mobility.



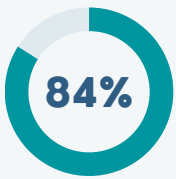
Yap, J.L.Y., Tai, Y.K., Fröhlich, J., Fong, C.H.H., Yin, J.N., Foo, Z.L., Ramanan, S., Beyer, C., Toh, S.J., Casarosa, M., Bharathy, N., Kala, M.P., Egli, M., Taneja, R., Lee, C.N. and Franco-Obregón, A. (2019), Ambient and supplemental magnetic fields promote myogenesis via a TRPC1-mitochondrial axis: evidence of a magnetic mitohormetic mechanism. The FASEB Journal, 33: 12853-12872. <https://doi.org/10.1096/fj.201900057R>

# Improvements in just 12 Weeks

Users in the community aged 60 and above were assessed for balance, gait speed and lower limb strength before and after 12 weeks of BIXEPS. They showed the following improvements:

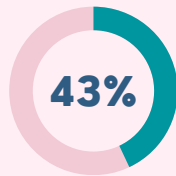
## Better Balance

Timed Up and Go timings



of seniors improved, with average gains of 16.3%

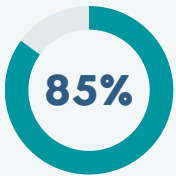
For seniors with slower timings associated with high fall risk  
**100%** improved



moved out of high fall risk category

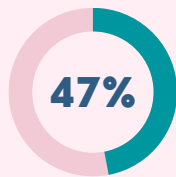
## Greater Leg Strength

5 Times Sit to Stand timings



of seniors improved, with average gains of 14.2%

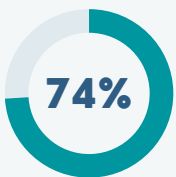
For seniors with slower timings associated with high fall risk  
**100%** improved



moved out of high fall risk category

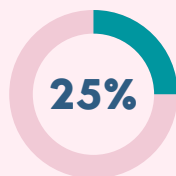
## Better Mobility

4m Gait Speed test



of seniors improved, with average gains of 24.9%

For seniors with slower timings associated with high fall risk  
**100%** improved



moved out of high fall risk category

with

# BIXEPS

a spin off by



**NUS**  
National University  
of Singapore

**NUHS**  
National University  
Health System

An extended study with users over 20 weeks showed that their balance and mobility **continued to improve** significantly with longer term use

