

## Twall

The Twall transforms light into movement. It is simple yet challenging as the user has to deactivate the touch wall lights as soon as it appears. Whether training for power, agility, endurance, or reaction, the Twall is the ultimate fitness gaming platform.

### **Training on the Twall develops these skills and abilities:**

#### **Speed**

The ability to react as quickly as possible to a stimulus or a signal, and to move at maximum speed, also against resistance. The Twall does this in two forms: (1) Action speed: (reached over the contraction and movement speeds of the nerve-muscle system.) (2) Reaction speed: (the psychophysical ability to respond to stimuli and signals.)

#### **Endurance**

The body's resistance to fatigue and/or the rapid ability to recover after stress. More specifically, endurance is the ability to cope with a certain stress (such as running speed) over the longest possible time without prematurely tiring physically and mentally, and to recover again as quickly as possible. The Twall trains high-speed endurance and short-term endurance.

#### **Coordination**

The interaction of the peripheral, central nervous system and skeletal muscles. Through this, impulses should reach the corresponding muscles within a sequence of movements, which are coordinated in terms of time strength and scope.

#### **Cognition**

The general term for the processes and products of perception, recognition, reasoning, concluding, judgment, memory, etc.

The Twall challenges the user to improve mental processes by performing tasks which involve moving the upper and/or lower body. The training is divided into a right and left side.

#### **Flexibility**

The ability to make arbitrary and selective movements with the necessary and optimal oscillation width of the involved joints."

The Twall aim is training to achieve the full range of leg and hip joint motion.

We are currently incorporating the use of the Twall in senior fitness classes, a fitness class for all ages, a teen gaming program, and camps for children at Memorial Park Community Center. In the future we hope to create more fitness classes that will involve the use of this equipment. Play is not just for kids but also the young at heart no matter their age.

For further information please contact: Lauren Fowler, Senior Services Program Coordinator or Deb Fogle, Senior Services Manager at 434-6237.