



3rd Annual Conference on
ORTHOPEDICS, RHEUMATOLOGY AND MUSCULOSKELETAL DISORDERS
November 27-28, 2023 | Dubai, UAE

TITLE: Innovative Exercise in a New Normal

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ABSTRACT (up to 300 words)

Embracing innovative exercise has evolved into a cornerstone of cultivating a wholesome lifestyle. The present abundance of resources has significantly streamlined the process of discovering activities that resonate with individual preferences and fitness aspirations. Beyond the conventional cornerstones of running, weightlifting, and yoga, an exhilarating spectrum of novel exercise forms has emerged, encompassing virtual reality fitness, aerial yoga, and dynamic trampoline workout classes.

This transformative landscape owes much of its vibrancy to technology, acting as a catalyst for heightened accessibility and convenience. Notably, the proliferation of cutting-edge fitness apps has ushered in a new era of participatory wellness. These apps seamlessly facilitate meticulous progress tracking, personalized goal setting, and the immersive experience of virtual workout classes—all from the comfort of one's own sanctuary.

Wearable fitness devices, ranging from fitness trackers to smartwatches, have propelled real-time monitoring to the forefront. These seamlessly integrated companions empower individuals to gauge their physical endeavors while simultaneously recording their progress as it unfolds. This harmonious fusion of technology and fitness underscores a comprehensive approach to well-being, encapsulating diversity, individuality, and the transformative potential of contemporary tools.

In summation, the trajectory of innovative exercise not only introduces captivating avenues for active engagement but also responds to the challenges posed by the pandemic and emerging health considerations. As the fitness industry continues to evolve in sync with dynamic circumstances, it assumes a pivotal role in championing health and wellness on a global scale. This evolution stands as a testament to the enduring commitment to enhance the well-being of individuals across the world.

BIOGRAPHY (up to 200 words)

Suppawan Vongsrangsap has completed her PHD at the age of 32 years from Chulalongkorn University, Thailand. She is the deputy head of physical education and sports department of Kasetsart University, Thailand. She has over 30 publications that have been cited over 50 times. She has been serving as an editorial board member of ACPES journals.

Rungsaowaluk Kitmetheekun has completed her MSD at Kasetsart University, Thailand. She is the Ph.D. Student at Kasetsart University, Thailand.



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