

NEWSLETTER

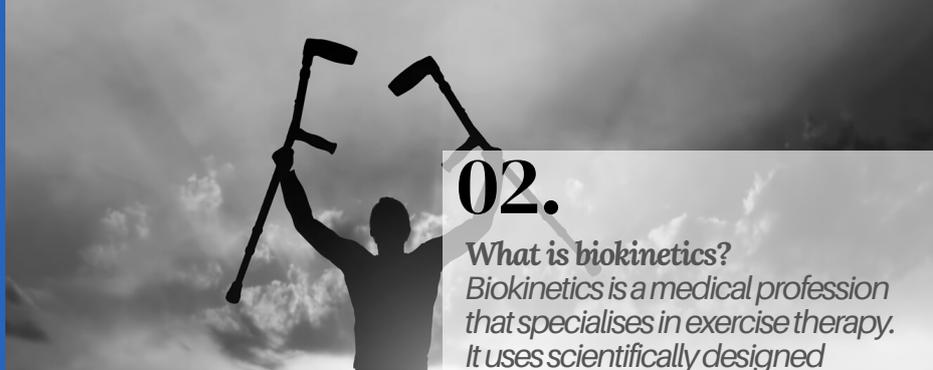
Let's talk all things biokinetics

The second annual International Biokinetics Week is fast approaching and aims to highlight the benefits of biokinetics treatment during the Covid-19 pandemic.

The Biokinetics Association of Namibia (BAN), together with Biokinetics Associations in South Africa (BASA), United Kingdom, Australia, New Zealand, Germany and the United Arab Emirates, is pleased to announce the International Biokinetics Week will be taking place from 7 to 10 May 2022.

In promotion of the profession and to educate the public, BASA is hosting a free online event on 10 May at 19:00. The event will cover all things biokinetics, explanatory videos, testimonials and a panel discussion with industry experts about the impact of biokinetics on health conditions.

The theme for 2022 is how biokinetics treatment during the Covid-19 pandemic can help with prevention, treatment and recovery, as well as overall wellness, mental and physical health.



02.

What is biokinetics?

Biokinetics is a medical profession that specialises in exercise therapy. It uses scientifically designed exercise programs as a treatment modality in preventative health care, improvement of health and physical ability, and performance enhancement.

Biokinetics functions within a professional alliance to health and medicine and is recognised by and registered with the Health Professions Council of Namibia.

01.

What is the International Biokinetics Week?

The very first International Biokinetics Week was hosted last year with the aim to introduce biokinetics to the rest of the world while also collaborating with international associations.

This aim is also captured in the International Biokinetics Week symbol. The basis of the logo shape is a circular icon. The meaning of the shape is universal, representing unity, wholeness and infinite motion.

The Globe indicates a modern representation of the world encapsulating all forms of human mobility while the human body symbol shows health and inclusion of all physical capabilities.

The colours blue and grey represent trustworthiness, dependability, commitment, intellect, knowledge and carries authority.



03.

Biokinetics and Covid-19?

For the past three years people from around the world have felt the far-reaching impact of the Covid-19 pandemic on their health and livelihoods. Experts advise that rehabilitation should be specific with regular reviews throughout the process. Since these two factors lie at the heart of all biokinetic programs, it makes sense to start your journey to recovery in the capable hands of a biokineticist.

Around the world a tremendous amount of research has been done in the field of exercise immunology, investigating the various physiological mechanisms by which physical activity contributes to improved immune response. In particular, the effect of moderate to high levels of cardiovascular exercise and fitness level has been researched thoroughly.

The most important of these benefits include the positive response of the immune system to vaccination of individuals who are moderately active, as well as the reduction of low grade inflammation and enhanced immune system markers of various diseases.