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**Innovative Physical Activity to Improve the Quality of Life of the Elderly Thasala
Subdistrict Municipality Tha Sala District, Nakhon Si Thammarat Province**

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This project focuses on promoting physical activity for the elderly for good health and improving the quality of life of the elderly by the local community under the vision of "The elderly in Thasala create happiness" Promote the well-being of the people in the community.

Elderly people in Thasala sub-district There were 698 elderly people, accounting for 24.29% of the total workforce, divided into 281 males and 417 females. 150 people, accounting for 21.48 percent, elderly people with disabilities. 68 people, accounting for 9.74 percent, 182 elderly people with obesity, accounting for 26.07 percent. 597 people, accounting for 85.55 percent, and the elderly who did not exercise. 90 people, accounting for 12.89 percent.

Elderly people who are sedentary and do not exercise reduce their ability to perform various activities, as well as cause them to fall more easily. Anxiety and depression due to lack of confidence in various activities in daily life, resulting in a lower quality of life.

Therefore, Tha Sala Sub-district Municipality has improved the quality of life of the elderly by the local community under the vision of "Tha Sala Elderly Creates Happiness", which is an integrated community-level elderly care by 4 main working groups, namely academia, the government Local sector, public sector. Create the participation of network partners in the community to develop innovative care for the elderly.

The elderly learn and develop their own potential, resulting in a mechanism for managing the elderly care system by the local community. There is a search for social capital that is part of the local community's potential to self-manage to drive operations. Creating changes for the quality of life of people in the community by analyzing the approach. discovery Using data from the sub-district information system to develop a database to increase the potential of resources and resources for the benefit of the community, as well as to develop new innovations in the area, with the participation of network partners, to promote the establishment of a care system for the elderly to have good health. Partnerships have been established to integrate important activities into the department's routine work, resulting in the continuous development of the elderly care system.

There is a project implementation process. as follows

1. Evaluate the physical fitness of the elderly before inventing innovations to have innovations that are in line with the performance of individual elderly people.
2. Develop a core to promote physical activity, use brain exercises, and increase muscle mass, good for the circulatory system and heart systems. At the same time, it helps stimulate the brain in the five areas of thinking, memory, and understanding. Feelings and movements
3. Leaders of the Thasala Municipal Senior Citizens Club together with Assistant Professor Kamlai Somrak invented exercises to exercise the brain, increase muscle mass, and improve the quality of life of the elderly. It is an innovative physical activity to improve the quality of life of the elderly in Tha Sala Municipality.
4. Apply the innovation of physical activity to improve the quality of life of the elderly in Tha Sala Municipality to expand the effect at the fitness club and other senior clubs in the nearby area.

Project Results

1. Elderly people in the Tha Sala Municipal Senior Citizens Club 60 people have changed their health habits and exercised more (from not exercising before, now they can exercise every day. At least 20 minutes a day) using exercises, which are innovative physical activities to improve the quality of life of the elderly.
2. Elderly Municipality of Tha Sala Subdistrict Using innovative physical activities to improve the quality of life of the elderly to show for a group of people. Organizations and agencies came to study every time for a total of 12 times, resulting in the expansion of the results.
3. Assistant Professor Kamlai Somrak Bringing the innovation of physical activity to improve the quality of life of the elderly in the sub-district municipality to expand the results at 14 exercise clubs and senior clubs in the upper southern region, including Nakhon Si Thammarat. Surat Thani, Krabi, Phang Nga, Phuket, Ranong