**Asian Consortium for Innovative Nexus for Sustainable Health Integration and Geriatric Healthcare Transformation**

**(AC-INSIGHT)**

*"Aging Well, Together: The Research Alliance Shaping Asia's Future"*

**Executive Summary**

AC-INSIGHT emerged from the collective academic deliberations of Asia's leading active researchers who recognized the urgent need for collaborative action in addressing population aging challenges. In 2019, pioneering scientists from Japan, Korea, Taiwan, and China united under a shared conviction: the future of healthy aging demands unprecedented cooperation that transcends national borders, disciplinary boundaries, and technological paradigms. These visionary researchers, each bringing unique expertise in exercise science, digital health, gerontology, and implementation science, established AC-INSIGHT as more than a research network—it represents a transformative alliance of Asia's most innovative minds dedicated to revolutionizing healthy aging.

Our flagship initiative, MOTION-EXPERT (Multicountry Observational cohorT for Integrated Oriental Network - EXercise, Physical activity and E-sport Research Translation), embodies this collaborative spirit. Born from intensive discussions among active researchers who have dedicated their careers to understanding aging in Asian contexts, MOTION-EXPERT represents a paradigm shift in developing physical activity guidelines and approaching exercise interventions for older adults. By uniting 24 leading institutions through the passion and expertise of frontline researchers, we are transforming traditional exercise interventions into sustainable, digitally-enhanced programs capable of extending healthy life expectancy across diverse East Asian populations.

**Founding Vision and Research Leadership**

**The Genesis of Collaboration**

AC-INSIGHT's formation was catalyzed by a core group of active researchers who had been independently pushing the boundaries of aging research in their respective countries. Frustrated by the limitations of isolated efforts, these scientists recognized that Asia's demographic transition demanded a unified response. Through a series of informal meetings at international conferences, they discovered remarkable synergies: researchers' expertise in healthy longevity studies, innovations in digital health technologies, successes in community implementation, and capabilities in large-scale data analytics. This organic collaboration among passionate researchers laid the foundation for what would become Asia's most comprehensive aging research consortium.

**Researcher-Centric Governance**

Unlike traditional top-down consortiums, AC-INSIGHT operates on a researcher-centric model where active scientists drive all strategic decisions. Our governance structure ensures that those conducting cutting-edge research maintain leadership roles, guaranteeing that our initiatives remain scientifically rigorous, practically relevant, and responsive to real-world challenges. This approach has attracted Asia's most dynamic researchers—those who publish in high-impact journals, secure competitive grants, and most importantly, remain deeply connected to the communities they serve.

**Scientific Framework**

**Mission**

Created by active researchers who understand both laboratory excellence and community needs, AC-INSIGHT's mission centers on implementing MOTION-EXPERT as a transformative research translation platform. Our researcher-driven approach ensures we bridge the gap between scientific discovery and practical application, making traditional physical activities more accessible, measurable, and sustainable through technology integration. The multinational observational cohort, designed by scientists with decades of research and field experience, captures diverse exercise patterns and aging trajectories with unprecedented precision. Through systematic research translation—a process refined by researchers who have witnessed implementation challenges firsthand—we ensure findings rapidly transform into actionable programs that benefit aging populations across Asia.

**Vision**

Guided by the collective expertise of Asia's leading exercise science-based aging researchers, MOTION-EXPERT will establish a new paradigm for exercise-based healthy aging by 2035. Our vision, shaped by scientists who have dedicated their careers to understanding Asian healthy aging patterns and contributing to slow aging realization, emphasizes feasibility, sustainability, and digital integration. We envision communities where the fruits of our research—validated through rigorous science and refined through real-world testing—enable older adults to engage in evidence-based exercise interventions and physical activities enhanced by cutting-edge technology. This researcher-driven vision ensures innovations emerging from our laboratories seamlessly integrate into diverse healthcare contexts across Asia.

**Research Excellence Through Collaboration**

**Synergistic Expertise**

AC-INSIGHT's strength lies in the diverse yet complementary expertise of our active researchers. Exercise physiologists collaborate with computer scientists to develop AI-powered movement analysis. Gerontologists work alongside game designers to create engaging e-sport interventions. Implementation scientists partner with health economists to ensure sustainable program delivery. This multidisciplinary collaboration, facilitated by researchers who speak the languages of both science and practice, generates innovations impossible within traditional academic silos.

**Mentorship and Capacity Building**

Recognizing that sustainable impact requires nurturing the next generation, our senior researchers have established comprehensive mentorship programs. Young investigators work directly with established scientists on MOTION-EXPERT projects, gaining hands-on experience in international collaboration, advanced methodologies, and research translation. This commitment to developing emerging researchers ensures AC-INSIGHT's vision will thrive for decades to come.

**Core Research Domains**

**1. Traditional Exercise Interventions and Physical Activity**

Led by researchers with extensive experience in exercise prescription for older adults, this domain systematically evaluates and optimizes conventional exercise programs. Our scientists combine deep understanding of physiological aging with practical insights from years of community engagement to develop protocols that are both scientifically sound and culturally appropriate.

**2. E-sports for Physical and Cognitive Training**

Pioneering researchers at the intersection of gaming technology and gerontology are creating revolutionary platforms that make exercise engaging for older adults. These scientists, many with backgrounds in both neuroscience and game design, ensure our e-sport interventions achieve therapeutic outcomes while maintaining entertainment value.

**3. Digital Health and E-sports Translation**

Our digital health researchers, recognized leaders in health technology innovation, are developing comprehensive ecosystems that seamlessly blend traditional exercise with modern technology. Their expertise in AI, user experience design, and behavioral science ensures our platforms are both sophisticated and accessible.

**4. Feasible and Sustainable Strategies**

Implementation scientists with decades of field experience lead efforts to ensure all innovations translate into sustainable real-world programs. These researchers understand the complexities of healthcare systems, community dynamics, and resource constraints, designing solutions that work beyond controlled research settings.

**Research Network Dynamics**

**Collaborative Infrastructure**

AC-INSIGHT's active researchers have established sophisticated collaboration mechanisms that transcend traditional institutional boundaries. Regular virtual laboratory meetings connect scientists across time zones, shared databases enable real-time collaboration, and exchange programs allow researchers to experience different research environments. This infrastructure, designed by scientists for scientists, maximizes collaborative potential while maintaining research quality.

**Publication and Dissemination Strategy**

Our researcher-led publication strategy ensures rapid dissemination of findings through impactful research channels. Collaborative papers featuring authors from multiple countries have become AC-INSIGHT's hallmark, demonstrating that our whole truly exceeds the sum of its parts. Beyond traditional publications, our researchers actively engage in public science communication, ensuring findings reach policymakers and communities.

**Expected Outcomes and Impact**

**Scientific Leadership**

* Establishing Asia as the global center for exercise-based aging research
* Developing new theoretical frameworks integrating Eastern and Western approaches
* Training young researchers in international collaborative methods
* Creating sustainable research networks extending beyond AC-INSIGHT

**Innovation Ecosystem**

* Patents and technologies emerging from researcher collaborations
* Spin-off companies founded by entrepreneurial scientists
* Industry partnerships leveraging collective expertise
* Open-source platforms enabling global research participation

**Join the Movement**

AC-INSIGHT welcomes active researchers who share our passion for transforming aging through collaborative science. Whether you're an established investigator seeking international partnerships or an emerging scientist eager to contribute fresh perspectives, our researcher-centric consortium offers unparalleled opportunities for impactful collaboration. Together, we can realize the vision that brought us together: making healthy aging achievable for all through the power of unified scientific inquiry.

**Contact Information**

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