

FITNESS EXERCISE TO INCREASE IMMUNITY DURING THE COVID-19 PANDEMIC FOR PKK MOTHERS OF NANGGULAN KULON PROGO

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ABSTRACT

The expected goal of this PPM is to provide training for PKK mothers in the Nanggulan village of Kulon Progo, for themselves with knowledge and skills about fitness gymnastics to increase body strength during the COVID-19 pandemic. The methods used to carry out this PPM activity are: (1) the lecture method, related to fitness exercise material. (2) Practice fitness skills and training. (3). Before being given, participants were given an initial test to determine their knowledge about the benefits of gymnastics for the body, after exercise, a final test was carried out to determine subject's comprehension.. The subjects are PKK women approximately 34 people. The majority of respondents (more than 40%) agree with the positive impact obtained after exercising, in addition the majority (more than 50%) disagree with the perception that exercise can cause fatigue, pain, and heart work. Only dominant respondents agree (more than 40%) that exercise can have a good effect on the body. Although one of indicators was debateable that talked pros and cons about exercise can increase social status, but the rest, all respondents believed that exercise has a positive impact on the condition of the body of each individual. Whilst, endurance and insight about fitness increase, this training program also successful to improve skills and abilities on fitness-based exercise that is carried out with pleasure, enthusiasm, high enthusiasm.

Kata Kunci: *aerobic gymnastics, fit, Covid-19*