

SOCIALIZATION OF POCO-POCO NUSANTARA SOCIALIZATION IN SUB DISTRICT DEVELOPMENT OF MAGELANG DISTRICT

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ABSTRACT

Every human being in everyday life requires physical fitness enough to carry out daily activities. With the shifting lifestyle of many works dynamically become static due to the help of technological developments that facilitate all the work to be effective and efficient cause low level of physical fitness. By doing Poco-Poco Nusantara Gymnastics movement is expected to improve fitness for its users.

Gymnastics Poco-Poco Nusantara is a physical fitness gymnastics that developed in the area of ??Manado North Sulawesi. Gymnastics Poco-Poco Nusantara including low impact aerobics gymnastics and many involving members of gestures and joints. This gymnastics contains a core movement that contains many variations of motion techniques, where the movements can increase muscle strength training, muscle stretching, and joints and motion coordination.

Training and Socialization of Poco-Poco Nusantara Gymnastics in Dukun Sub-district Magelang Regency can run well in accordance with the plan and even followed by participants who exceed the target, the participants are very antusias in doing the activity / training. And will soon pass on to their students in their respective schools

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