

# **SOCIALIZATION OF PHYSICAL ACTIVITY, ANTHROPOMETRY AND FITNESS STATUS MEASUREMENTS IN ELDERLY POPULATION**

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## **ABSTRACT**

Community Service program (PPM) program entitled "Socialization of Physical Activity, Anthropometric and Fitness Status Measurement in Elderly Population" aims to: (1) provide knowledge for elderly in Yogyakarta about the importance of doing physical activity, (2) provide knowledge for elderly in Yogyakarta about anthropometric measurements, and (3) provide knowledge for elderly in Yogyakarta about the importance of physical fitness.

Method used in this program was by socialization, counseling about anthropometric and physical fitness measurement tests. The counseling method was carried out so that the elderly have the motivation to maintain health by performing routine and independent physical activities at home, and being able to independently measure physical fitness with the easiest method so as to prevent the onset of degenerative diseases. The main target audience for this activity was Teratai Elderly Group in Nogotirto Village, Gamping, Sleman District. These elderly were elderly assisted by the Indonesian Doctors Association (IDI) and the Indonesian Doctor's Wives Association (IIDI) Yogyakarta totaling 79 people.

The results of the activity program are appreciated very good appreciation by all participants from a number of 79 elderly who were participating.

Kata Kunci: *Community service, metabolic syndrome, physical activity, elderly*