

**PERSAMI TABLE TENNIS FUN GAME TO IMPROVE FITNESS PHYSICAL AND HEALTHY LIFESTYLE
FOR THE PEOPLE OF KAMPUNG EMAS KRAPYAK IX HAMLET, MARGOAGUNG, SEYEGAN, SLEMAN,
SPECIAL REGION OF YOGYAKARTA**

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ABSTRACT

This Community Service activity has the theme: "Persami Table Tennis Fun Game to improve Physical Fitness and Healthy Lifestyle for the People of Kampung Emas, Krapyak IX, Margoagung, Seyegan, Sleman, D.I. Yogyakarta". The main purpose of this activity is to exercise the community and socialize table tennis, in addition to improving the fitness and healthy lifestyle of the community to synergize with the duties of lecturers in the Tri Dharma of Higher Education activities related to community service tasks (PkM) and the UNY mbangun desa (assisted village) program. This PKM activity has been carried out on Saturday and Sunday, October 28 and 29, 2023.

Activities that have been carried out include; field observation and coordination with community leaders to collect initial data, prepare PKM proposals, seminar on proposals and revisions, prepare PKM teams and external parties involved, implement PKM activities, prepare PKM reports and seminars to report revisions, and prepare PKM outputs.

Kata Kunci: *Table Tennis Fun Game, People of Kampung Emas, Krapyak IX*