

# **GUIDELINES AND GUIDELINES FOR PHYSICAL FITNESS EXERCISES FOR ELDERLY SENNY COMMUNITIES IN SLEMAN DISTRICT**

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## **ABSTRACT**

Parents or the elderly must also continue to exercise regularly. Regular exercise can encourage the expenditure of growth hormones, anti-stress hormones, and endorphin hormones, which function to inhibit the decline in body function or aging that occurs in the elderly. The purpose of community service activities is to conduct Technical Guidance on Physical Fitness for the elderly gymnastic community in Sleman Regency, Yogyakarta. The specific objectives of this technical guidance activity are: (1) Increasing the ability and awareness of the members of the elderly community in participating in exercises / sports to improve physical fitness, (2) Increasing knowledge and understanding of the importance of doing sports activities, (3) Increasing knowledge and understanding of members of the elderly community in evaluating exercise programs to improve physical fitness. The process of technical guidance in order to take place according to the target needs to be implemented several methods, including: (1) Lecture and discussion methods (2) Demonstration methods, and (3) Practice methods, namely practicing physical fitness training models by participants guided by the instructor from the service team. The results of this activity are as follows: (1) Physical Fitness Technical Guidance Activities for the elderly gymnastic community in Sleman Regency Yogyakarta runs smoothly without experiencing significant obstacles, (2) most (85%) participants can understand and are very enthusiastic and visible able to implement properly and correctly, and (3) There are requests from participants and administrators of the elderly gymnastic community in Sleman Regency Yogyakarta to hold further technical guidance activities. As suggestions during the activity, they include: (1) PPM activities are followed up with the holding of joint training activities, (2) PPM activities are followed up with physical fitness test activities for the elderly community, (3) there is a need for greater joint activities involving the community the other elderly in Sleman Regency, Yogyakarta.

*Kata Kunci: Guidance and assistance, physical fitness, elderly community, Sleman Regency*