

Socialization regeneration GYMNASTICS AYO AND MOVING INDONESIA (SABI) IN THE DISTRICT OF YOGYAKARTA SLEMAN

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ABSTRAK

Every human being is in need of physical fitness that is sufficient to carry out daily activities. Shifting patterns of life of many working dynamically into static due to the help of technological developments that facilitate all the work to be effective and efficient cause low levels of physical fitness. This can cause various health problems such as degenerative diseases and cardiovascular disease but it can decrease the efficiency and productivity of work. By doing Gymnastics movement, Get Active Indonesia is expected to improve fitness for its users. Gymnastics Get Active Indonesia (SABI) is a physical fitness training as formulated by the International Federation of Indonesia (FORMI). SABI including low impact aerobics and many involve members of gestures and movements persendian. Senam core contains a lot of load variation fighting techniques typical of various regions, where the movement - the movement increases strength training, muscle contraction, and joints. Gymnastics Get Active Indonesia as one way to improve physical fitness in order to do the work and activities of daily living as well as additional activities without feeling tired and in order to avoid diseases caused by the habit less mobile. People are very enthusiastic in participating in this activity, as evidenced by the number of participants exceeded the target. Keywords: Socialization, Regeneration, Gymnastics, Get Active Indonesia (SABI)

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