

Socialization of Relaxation and Stretching Gymnastics for Employees

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ABSTRACT

This community service activity aims to provide solutions for the community employees to improve or maintain physical fitness on the sidelines work. During the COVID-19 pandemic, activities carried out online with easy access and without face to face. This results in several frequent activities done simultaneously so that tasks pile up and less time to do sports activities. Socialization of relaxation and stretching exercises for employees are expected to be a solution for employees to maintain body fitness in the midst of busy activities. easy forms of relaxation and stretching movements fun will be done by all employees. This socialization activity is in collaboration with work units at UNY. This activity held at Yogyakarta State University. The implementation of this activity takes place from August to October. based on the results of the activity evaluation shows that PPM Socialization Gymnastics Relaxation and stretching for employees is easy and practical implementation, improve physical literacy and can maintain and improve fitness physical employee.

Kata Kunci: *socialization, gymnastics, relaxation, stretching, fitness, employe*