

TECHNICAL HEALTH AND FITNESS CONSTRUCTION OF THE FUNNY COMMUNITY IN YOGYAKARTA CITY

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ABSTRACT

Parents or seniors also must continue to exercise regularly. Regular exercise can encourage the release of growth hormones, anti-stress hormones, and the hormone endorphin, which serves to inhibit the decline in body function or aging that occurs in the elderly. The purpose of the service activities in general is to conduct Physical Fitness Technical Guidance for the elderly gymnastic community in Yogyakarta City. The specific objectives in this technical guidance activity are: (1) Increasing the ability and awareness of the elderly community members in training / sports to improve physical fitness, (2) Increasing knowledge and understanding of the importance of sports activities, (3) Increasing knowledge and the understanding of members of the elderly community in evaluating training programs to improve physical fitness. The technical guidance process in order to take place as targeted requires the existence of several methods that are applied, including: (1) Lecture and discussion methods (2) Demonstration methods, and (3) Practice methods, namely practicing models of physical fitness exercises by participants guided by instructors from the service team. The results of this activity are as follows: (1) Fitness Technical Guidance Activities for the elderly community in Yogyakarta City proceed smoothly without significant obstacles, (2) most (85%) participants can understand and are very enthusiastic and seem capable of implementing properly and correctly, and (3) There is a request from participants and administrators of the elderly community in the city of Yogyakarta to hold further technical guidance activities. As a suggestion during the activity, including: (1) PPM activities are followed up with the implementation of joint training activities, (2) PPM activities are followed up with physical fitness test activities for the elderly community, (3) the need for greater joint activities involving the community other elderly people in the city of Yogyakarta.

Kata Kunci: *technical guidance, elderly community, physical fitness*