

AEROBIC BASED ACTIVITY PROGRAMS IN ELDERLY TO IMPROVE FITNESS AND QUALITY OF ANTHROPOMETRY PROFILE

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ABSTRACT

This Community Service Program activity aims to: (1) get information about the fitness level profile of elderly Bank Mandiri Yogyakarta retirees, (2) get information about the flexibility level profile of Bank Mandiri Yogyakarta retired elderly people with sit and reach tests, (3) get an anthropometric overview Bank Mandiri Yogyakarta pensioners who cover weight, height, BMI, abdominal circumference and hip circumference and (4) provide knowledge to Bank Mandiri retired elderly people about the importance of maintaining a level of flexibility and the importance of maintaining an ideal body weight. The main target audience for this activity is 100 Mandiri Bank Indonesia pensioners. The method of PPM activities is carried out by the test method of measurement of flexibility and training. Measurement of tests performed is sit and reach test to measure the degree of flexibility / flexibility. The training method is carried out with the aim of providing an overview of knowledge about the importance of performing primarily aerobic physical activities to maintain fitness as well as conducting exercises to maintain a level of flexibility and maintain ideal body weight for elderly Bank Mandiri retirees. The implementation of PPM activities which included anthropometric measurements (measurement of height, weight, abdominal circumference and pelvic circumference), health checks (blood pressure, pulse rate), physical fitness measurements and elderly gymnastics received good appreciation by the elderly Bank Mandiri pensioner participants Yogyakarta. With this PPM activity it is hoped that the elderly, especially retirees at Bank Mandiri Yogyakarta, will be able to maintain their health and carry out physical activities in accordance with their abilities so that fitness is maintained.

Kata Kunci: *Community service, anthropometry profile, fitness, elderly*