

# EDUCATION AND ASSISTANCE IN THE IMPLEMENTATION OF A HEALTHY LIFESTYLE BASED ON PHYSICAL ACTIVITIES FOR MEMBERS OF LARAS ATI (SALAMAH) ELDERLY SCHOOL IN BANTUL DISTRICT, YOGYAKARTA

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## ABSTRACT

Elderly according to WHO (World Health Organization) is someone who has entering the age of 60 years and over, and is the age group that has entering the final stage of life. The aim of this training is providing education and assistance with a healthy lifestyle based on physical activity for members of the Laras Ati (Salamah) elderly school in Bantul Regency. The main target audience for this service activity is elderly school members Salamah LARASATI, Bandung, Pendowoharjo, Sewon, Bantul, Yogyakarta. Participant The training was attended by 55 elderly people. The time for this service is carried out in the month March – August 2023, with training implementation on July 17 2023. Method Activities use two approaches, namely: theoretical and practical approaches direct. The results of implementing PKM activities are carried out face to face and field practice takes place at the Salamah Elderly School Secretariat House LARASATI, Bandung, Pendowoharjo, Sewon, Bantul, Yogyakarta. Activity begins with participants filling out the attendance list and then listening to education about Health and continued with questions and answers. Training continues with joint exercise, namely physical activity that elderly people can do for maintain health and physical fitness. This PkM activity received appreciation This high level of participation is indicated by the enthusiasm and enthusiasm of the participants take part in activities. Educational training activities and implementation assistance This physical activity-based healthy lifestyle aims to provide knowledge and provision for the elderly in adopting a healthy lifestyle through physical activity

Kata Kunci: *Education,implementationofhealthylifestyles,physicalactivity,the elderly*