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## ***GYMASTICS TO MAINTAIN THE QUALITY OF LIFE OF THE ELDERLY***

### ***SUMMARY***

***Background:*** Naturally the elderly experience physical, psychological, and social setbacks to that they depend on other. This dependence can be reduced if the elderly are healthy, active, productive, independent and have a good quality of life. Quality of life is a multidimensional term related to self esteem and well-being involving several factors including family support, the environment, life style, satisfaction in daily life. Symptoms of illness and socioeconomic condition. One way to maintain the quality of life is through sports activities, which are basically a human need in life so that physical conditions and health are maintained. One of the physical sports activities that are suitable for the elderly is healthy exercise. ***Objective:*** To find out the procedures for implementing fitness and fitness exercises to maintain the quality of life of the elderly. ***Methods:*** The method used is using ICE media, namely booklets as a tool to improve knowledge and skills of physiotherapy, posyandu cadres, and the elderly in maintaining the quality of life of the elderly. ***Result:*** This booklet ICE media will be distributed to physiotherapists, posyandu cadres, and the elderly as an easy and practical guide in conducting interventions. ***Conclusion:*** a medium of education and information for physiotherapy, posyandu cadres, the elderly and make it easier to intervene in fitness and exercise to maintain the quality of life of the elderly.

***Key words:*** Fitness. Quality of life, Booklet.