

**EDUCATION OF CHAIR BASED EXERCISE
TO IMPROVE LUMBAR FLEXIBILITY IN ELDERLY**

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ABSTRACT

Background: *The aging process in the elderly brings various physical and mental changes that affect daily functionality. Flexibility, as an important aspect of physical fitness, including balance, is crucial to maintain. Therefore, this research aims to educate the elderly about chair-based exercise. Objective:* This study aims to provide the elderly with a better understanding regarding the benefits of chair based exercise in the elderly on their lumbar flexibility. **Method:** *This research uses an educational outreach method using booklet media as an effective communication tool for the elderly. Results:* KIE print media in the form of this booklet was proven to be effective in conveying information about chair based exercises for elderly lumbar flexibility. **Conclusion:** *Education regarding chair based exercise through booklet media can be an effective tool in increasing the understanding and awareness of the elderly regarding the importance of maintaining their lumbar flexibility.*

Keyword: *Elderly, Chair Bseed Exercise, Lumbar Flexibility, Media Booklet.*