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***SQUARE STEPPING EXERCISE AND BALANCE
TRAINING EXERCISE TO IMPROVE
DYNAMIC BALANCE IN ELDERLY***

SUMMARY

Background: Indonesia is predicted to experience a population explosion of the elderly in the 21st century in 2030. In 2045, Indonesia will experience a population of 1.41 billion with a percentage of 63.31% elderly and in 2050 it will reach 74 million elderly . Elderly is someone who has reached the age of 60 years and over and will experience a decreased ability to perform daily activities due to physiological changes. Impaired balance is one of the effects of physiological changes. One of the exercises that can be done is square stepping and balance exercises. Square stepping exercises are exercises that use a box pattern with a size of 25 cm as many as 40 squares with a certain pattern and balance training exercises are leg strengthening exercises with light weights to improve balance and muscle strength. ***Objective:*** Knowing square stepping exercise and balance training to improve dynamic balance in the elderly. ***Methods:*** The method used is to use IEC media, namely booklets as a tool to improve balance in the elderly. ***Result:*** The IEC media booklet will be distributed to the community or the elderly through one of the posyandu cadres. ***Conclusion:*** As a medium of information to the public or the elderly to improve the balance of the elderly.

Key words: Elderly, Dynamic Balance, Square Footing, and Balance Exercise

