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EXERCISE TO VITALIZE THE BRAIN AND RESISTANCE EXERCISE TO IMPROVE COGNITIVE FUNCTION IN TH ELDERLY

SUMMARY

Background: Elderly is a group of people aged 60 years and over. As you get older, you need to be aware that there is a decrease in the body's physiological function due to degeneration, one of which is impaired cognitive function. This disorder causes a decrease in brain cell function, which causes a decrease in short-term memory, difficulty concentrating, slows down the processing of information so that it can cause difficulty communicating. How to overcome this need to do an exercise. Types of exercises that can be done are brain vitalization exercises and resistance exercises. ***Objective:*** As a promotional and preventive media on health science regarding brain vitalization exercises and resistance exercise to improve cognitive function of the elderly to the general public, especially the elderly, medical personnel, especially physiotherapy and physiotherapy students. ***Methods:*** The method used in the IEC media is booklet as an information medium as well as a health promotion media. ***Result:*** This booklet IEC media will be disseminated to the general public, especially the elderly, medical personnel, especially physiotherapy and physiotherapy students, to serve as a guide in providing training and can be used as an alternative intervention in improving cognitive function in the elderly. ***Conclusion:*** Booklets can be used as a medium for health promotion, information and education in overcoming cognitive decline in the elderly through brain vitalization exercises and resistance exercises that can be done 3 times a week for 6 weeks with a duration of 30 minutes in the morning.

Keywords: Elderly, Brain Vitaliation and Resistance Exercise, Cognitive, Booklet.