

AEROBIC EXERCISE TO LOWER CHOLESTEROL LEVELS IN ADOLESCENTS

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ESSENCE

Background; *Cholesterol is a metabolic that contains advanced or steroidal fat found in the membrane of the cell and is circulated in blood plasma, and it also serves as a basis for the formation of hormonal steroid hormones that can cause some symptoms such as chest pain, headache and fatigue. Adolescents who have an addiction to instant foods or junk food and rich foods account for one common factor in high cholesterol. So youth need increased knowledge through proper education. **Method;** With video media can be used as to education media to increase public knowledge of aerobic exercise to lower cholesterol levels through the media it will make it easier for the process of good understanding to be applied on an individual basis. **Result;** Youth can enhance knowledge and apply aerobic exercise to lower cholesterol levels. **Conclusion;** It may be concluded that video media can provide information as one of the efforts to increase the youth knowledge of aerobic exercise to lower cholesterol levels.*

Keywords : Cholesterol, Aerobic Exercise, Bookle