

***AEROBIC EXERCISE TO IMPROVE THE IMMUNE OF ELDERLY IN THE
NEW NORMAL***

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SUMMARY

Background: The high rate of spread of covid-19 in Indonesia has brought big changes to society, especially with the implementation of new normal regulations. New normal requires people to continue their activities as usual by implementing health protocols. The elderly are a population at high risk of covid-19 transmission, low body immunity can be a trigger for easy exposure to covid-19. Various efforts can be made to maintain the body's immunity, one of which is by doing exercise. One of the exercises that can be done by the elderly is aerobic exercise. The delivery of information about health can be done in various ways, one of which is by using printed media in the form of booklets. ***Purpose:*** The purpose of this booklet media is to add information about aerobic exercise to increase the immunity of the elderly in the new normal era. ***Method:*** The method used is the KIE method, namely booklets produced for health promotion media. ***Result:*** The KIE print media in the form of booklets can be distributed directly to the elderly through elderly posyandu cadres and social organizations. ***Conclusion:*** The booklet media was made with the aim of being a media for promotion, information, and education to increase the immunity of the elderly in the new normal era by providing aerobic exercise which can be done 3-4 times a week with a duration of exercise of 30–40 minutes.

Keywords: aerobic exercise, immune system, elderly