

TAI CHI GYMNASTICS TO MAINTAIN CARDIOVASCULAR FITNESS IN ELDERLY

Cintya Hasari, Rini Widarti
cintyahasari5@gmail.com
Aisyiyah University Surakarta

Summary

Background: *Elderly (elderly) is not a disease but part of a process in human life. Aging can be a fear in itself in many ways, one of which is in terms of health. The decline in health conditions in the elderly is very influential on the elderly, especially on fitness. Maintaining and improving fitness in the elderly requires physical activity training. Exercise is the key to improving physical function. Tai Chi exercise can be trusted to improve cardiovascular fitness in the elderly. Tai Chi exercise is beneficial for health and fitness in the elderly such as balance, aerobic capacity, strength, well-being, sleep, and flexibility.* **Objective:** *To determine the procedure for implementing Tai Chi exercises with simplified movements to maintain cardiovascular fitness in the elderly.* **Methods:** *The method used is IEC media, namely booklets as a tool to improve the knowledge and skills of physiotherapists and the elderly in maintaining cardiovascular fitness.* **Result:** *This booklet IEC media will be distributed to physiotherapists and the elderly as an easy and practical guide in conducting interventions.* **Conclusion:** *As a medium of education and information for physiotherapists and the elderly to make it easier to intervene in Tai Chi exercises with simplified movements.* **Keywords:** *Tai Chi Gymnastics, Cardiovascular Fitness, Booklet*