

HATHA YOGA PRACTICE TO MAINTAIN CARDIOVASCULAR FITNESS IN THE ELDERLY DURING THE COVID-19 PANDEMIC

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SUMMARY

Background of Study : Entering old age, the elderly will experience problem in terms of health. Regular exercise and adopting a healthy lifestyle are one way to overcome the problem of decreasing cardiovascular fitness. Maintaining cardiovascular fitness is one of the important things for the elderly in dealing with health problem such as COVID-19 that is currently being faced. Hatha yoga is a sport that can be done during the COVID-19 period which requires people to stay at home and avoid crowds. Hatha yoga is a sport that is easy to do, does not require a large space and many tools. **Purpose :** Knowing the making of information communication and education (ICE) about Hatha Yoga to maintain cardiovascular fitness in overcoming the problem of the elderly during the COVID-19. **Methods :** The method used using ICE media is a booklet entitled “Hatha Yoga exercises to Maintain Cardiovascular Fitness in the Elderly during the COVID-19 Pandemic”. **Results :** Information Comuication and Education (ICE) printed media in the form of Booklet as media for promotion, information and education for the elderly about Hatha Yoga exercise to maintain cardiovascular fitness. **Conclusion:** ICE media in the form of Booklet as a media for promotion, information and education for the elderly about Hatha Yoga exercise to maintain cardiovascular fitness.

Keywords : *Hatha Yoga, Cardiovascular fitness, COVID-19, elderly*