

CHAIR BASED EXERCISE FOR IMPROVING ELDERLY PEOPLE VITALITY IN PANDEMIC ERA WITH THE MEDIA BOOKLET

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SUMMARY

Background: The world health agency agrees that Covid-19 is a pandemic. The elderly people at high risk infected by covid-19 due to going that cause a decline in physiological functions of body. Efforts to improve the vitality of the elderly people can be done through sports or training. Chair based exercise is one of the effective to do, with light intensity, easy and useful because it can be done at home. Information about chair based during the pandemic can be informed by media. One of the media is a booklet. **Method:** The IEC output method used was the form of a booklet containing procedures for implementing chair based exercise that could improve the vitality of the elderly people. **Result:** The IEC media is the form of booklets because the booklet media contains explicit information with supporting images so is easy to understand. **Conclusion:** Booklet media can provide information to the public, especially the elderly people, about improving their vitality during the pandemic with chair based exercise.

Keywords: *Elderly people, Pandemic, Vitality, Chair Based Exercise*