

ABSTRAK

PENERAPAN *ACTIVE EXERCISE* DAN *FUNGSIONAL EXERCISE* UNTUK MENINGKATKAN *FLEKSIBILITAS* PADA LANJUT USIA

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SUMMARY

Background: *Elderly individuals, defined as those aged over 60 years, often experience a decline in the body’s ability to adapt to environmental stressors. This condition affects organ function and physical capacity, potentially disrupting mobility and daily activities. With the growing elderly population worldwide, maintaining their health has become increasingly important. One of the key aspects is flexibility, which refers to the ability of muscles and joints to move freely within their maximum range of motion. Flexibility plays a vital role in supporting joint mobility, balance, and overall functional movement in older adults. However, flexibility tends to decline with age due to reduced muscle mass caused by decreased protein and hormonal levels, with insufficient physical exercise being a major contributing factor.* **Objective:** *Communication, Information, and Education (CIE) media in the form of a video entitled “The Application of Active Exercise and Functional Exercise to Improve Flexibility in the Elderly”.* **Metode:** *The video was designed as a health promotion tool to provide education and practical guidance for the elderly and their families. The media will be disseminated through YouTube to increase accessibility and reach a wider audience.* **Results:** *The result of this initiative is the creation of an educational video that can be utilized as a source of information, guidance, and motivation for elderly individuals to perform appropriate exercises that support flexibility. In conclusion, CIE media serves as an effective tool for communication, health promotion, and education regarding the application of active and functional exercises to improve flexibility in the elderly.*

Keywords: Active Exercise, Functional Exercise, Flexibility, Elderly