



Fitness Awareness: Mass Healthy Gymnastics for the Kedawung Community with Physical Activity Training

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ABSTRACTS

Introduction: Physical activity plays a crucial role in improving public health and preventing non-communicable diseases such as hypertension, obesity, and diabetes mellitus. However, based on national health data (Riskesdas, 2018), around 33.5% of Indonesians remain physically inactive. The community service activity titled “*Sadar Bugar: Senam Massal Sehat Masyarakat Kedawung dengan Latihan Aktivitas Fisik*” aimed to raise public awareness about the importance of regular physical activity as part of a healthy lifestyle. **Method:** This program applied a community-based participatory approach involving 250 participants from various age groups in Kedawung District, Cirebon Regency. The activities included group exercise sessions, brief health education, basic health checks (blood pressure, weight, BMI), and interactive discussions. **Result:** The results showed high enthusiasm among participants and improved understanding of the benefits of regular physical exercise. The community also expressed a commitment to continue such activities regularly. **Conclusion:** This program supports the *Healthy Living Community Movement (GERMAS)* and demonstrates that collaboration among academic institutions, health workers, and the public can effectively promote sustainable healthy behaviors..

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1. INTRODUCTION

Public health is a key pillar in sustainable human development. One important component in creating a healthy society is regular and measured physical activity. Physical activity is not only beneficial for improving physical fitness, but also plays a role in preventing various non-communicable diseases (NCDs) such as hypertension, diabetes mellitus, coronary heart disease, and obesity (WHO, Physical Activity Fact Sheet, 2023). WHO recommends that every adult individual engage in moderate-intensity physical activity for at least 150–300 minutes per week or vigorous activity for 75–150 minutes per week to maintain optimal health (WHO, Physical Activity Fact Sheet, 2023).

The results of a national survey show that the level of physical activity of the Indonesian people is still relatively low. Based on Riskesdas (2018), around 33.5% of the Indonesian population is classified as physically inactive. This condition worsens the risk of increasing degenerative diseases and reduces community productivity, especially in the productive age group and the elderly. In Cirebon Regency itself, Health Service data shows an increasing trend in cases of non-communicable diseases such as hypertension, obesity, and diabetes, some of which are influenced by a sedentary lifestyle (Cirebon, 2024).

Regular physical activity such as gymnastics is a simple but effective strategy to increase physical fitness and improve the quality of life of the community. (Indonesia, 2022) emphasized that gymnastics and mass sports can improve blood circulation, strengthen muscles and joints, and improve the body's hormonal balance. Apart from the physiological benefits, mass gymnastics activities also foster social and psychological aspects because they are carried out collectively and enjoyably.

Through a community service activity entitled "Sadar Bugar: Mass Healthy Gymnastics for the Kedawung Community with Physical Activity Training", this activity collaborates with the Cirebon Regency Health Office, especially the Kedawung Community Health Center, to facilitate mass sports activities that are easy for all levels of society to participate in. This activity is expected to increase public awareness about the importance of an active lifestyle, while also being a preventive measure against non-communicable diseases which are currently the biggest burden on the Indonesian health system.

In addition, this activity is also in line with the national program of the Healthy Living Community Movement (GERMAS) which emphasizes three main components: increasing

physical activity, consuming vegetables and fruit, and regular health checks (Ministry of Health of the Republic of Indonesia, 2019). By integrating mass exercise as a medium for health education, it is hoped that the community will not only gain physical fitness benefits but also build collective awareness of the importance of healthy living behaviors in everyday life.

2. METHODS

This community service activity uses a community-based participatory approach, where the community is actively involved in every stage of the activity, from planning, implementation, to evaluation. This approach is considered effective in increasing awareness and sustainability of healthy behavior because the community becomes part of the learning process (Notoatmodjo, 2014).

This method also adopts the principles of the Healthy Living Community Movement (GERMAS) which emphasizes multi-sector collaboration between educational institutions, local governments, and the community. Thus, the Sadar Bugar activity is not only ceremonial, but is an initiative to create a culture of regular exercise in the Kedawung community.

The target of the activity is the community of Kedawung District, Cirebon Regency, which includes various age groups — young adults, housewives, and the elderly. The total number of participants was around 250 people, consisting of RT/RW representatives, health cadres, and residents around the Kedawung field.

The selection of this target was based on the results of observations and data from the Kedawung Community Health Center which showed low levels of physical activity in the local community, as well as increasing cases of obesity and hypertension in the productive age group (Cirebon, 2024).

The event will be held on:

- Day/Date: Sunday, October 27, 2025
- Time: 6:30–9:30 a.m. WIB
- Venue: Kedungjaya Field, Kedawung, Cirebon Regency

3. RESULTS AND DISCUSSION

The community service activity entitled "Sadar Fit: Mass Healthy Gymnastics for the Kedawung Community with Physical Activity Training" was held on Sunday, October 27, 2025, at the Kedawung District Field, Cirebon Regency. This activity is the result of collaboration with the Cirebon Regency Health Office, especially the Kedawung Community Health Center, with the support of health cadres and village officials. The number of participants who attended was around 250 people consisting of the general public, housewives, the elderly, teenagers, and local health workers. The event took place from 06.30 to 09.30 WIB with high enthusiasm.

The implementation of the activity began with remarks from representatives of the Health Service and the organizing committee, followed by healthy mass gymnastics with professional instructors. Music and energetic movements are the main attractions that can create a happy and participatory atmosphere among participants.

In addition to the exercise activities, there was a brief educational presentation regarding the benefits of physical activity for body health and the prevention of non-communicable diseases (NCD) such as hypertension, diabetes mellitus, and obesity. The material is delivered in a light and communicative manner so that it is easy to understand for people of various age groups. In this session, participants are encouraged to understand that physical activity does not have to be done at a fitness center, but can be done through daily activities such as walking, gardening, or light exercise at home.

Next, a basic health examination is carried out, such as measuring blood pressure, weight, height, and body mass index (BMI). The examination results showed that some participants had blood pressure slightly above normal (around 130–140 mmHg) and a BMI in the overweight category, which shows the importance of promotive-preventive interventions such as this activity.

Participants who attended also received educational leaflets containing information about active lifestyles and balanced nutrition. At the end of the event, participants were invited to discuss and share experiences regarding their obstacles and motivations in maintaining fitness. Several residents expressed their desire to continue this activity regularly every week in their neighborhood, and several health cadres expressed their willingness to become drivers of the healthy exercise community.

In general, the Sadar Bugar activity has a positive impact both physically and socially. Participants felt their bodies fresher, their minds more relaxed, and they were motivated to be more active in their daily lives. Enthusiasm was evident from the high level of participant participation and active involvement during the activity.

From a social aspect, this activity strengthens the sense of togetherness among residents and strengthens relations between the community, health workers, and academics. According to (Notoatmodjo, 2014), the success of health promotion is not only determined by knowledge transfer, but also by strong social involvement and community support. Activities that involve elements of fun, such as mass gymnastics, also help change people's behavior towards a healthy lifestyle voluntarily, not because of coercion.

This activity is also in line with the objectives of the Healthy Living Community Movement (GERMAS) launched by the Ministry of Health, namely to increase public awareness, willingness, and ability to behave in a healthy manner (Indonesia, 2022). Through this activity, the community is invited not only to understand the importance of exercise, but also to internalize health values in everyday life.

The results of the activity show that participatory and hands-on educational models such as mass gymnastics are more easily accepted by the community, especially the adult and elderly age groups. Physical activities carried out together have positive psychological effects in the form of feelings of happiness and renewed enthusiasm. This is supported by research (Putri, 2020) which found that group exercise can significantly reduce stress levels and improve participants' sleep quality.

In addition, this activity emphasized the importance of cross-sector collaboration between the world of education, government, and society in building a healthy lifestyle culture. According to (Creswell, 2018), collaborative and contextual community-based interventions have higher sustainability than top-down programs that are merely formalities.

The Healthy Awareness activity also has the potential to become a model for community empowerment at the sub-district level. With the plan to establish the Kedawung Healthy Gymnastics Community, the community can maintain the continuity of physical activity without relying on external parties. This kind of approach has proven effective in building community health independence, as explained by (Putri, 2020) that strengthening local communities plays an important role in the sustainability of behavior-based health programs.



Figure 1. Mass Healthy Gymnastics in Kedawang

4. CONCLUSION

The community service activity "Sadar Fit: Mass Healthy Gymnastics for the Kedawang Community with Physical Activity Training" was carried out well and received high enthusiasm from the Kedawang community. This program has succeeded in increasing public awareness of the importance of physical activity as part of a healthy lifestyle. Participants showed a positive response to the mass exercise activities and health education provided, and expressed a desire to make similar activities a regular community agenda.

This activity not only provides physical benefits, but also strengthens the social and psychological aspects of the community through interactions between residents, collaboration between health teams, and cross-sector support. The successful implementation of this activity shows that a community-based promotive and preventive

approach can be an effective strategy in improving public health (Ministry of Health of the Republic of Indonesia, 2019).

Overall, the Sadar Bugar program proves that collaboration between the world of education, health workers, and the community is able to encourage behavioral changes towards a sustainable healthy lifestyle. The participatory approach applied in this activity is in accordance with the health promotion theory by Notoatmodjo (2014), which emphasizes that behavioral change is more easily achieved through empowerment and active community involvement.

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