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August 17th commemoration as an event promoting of healthy lifestyle in Margaasih

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ABSTRACT

Physical activity is an inseparable component of a healthy lifestyle. The promotion of increased physical activity can be done in various ways, one of which is by holding social activities that involve the entire community. Margaasih Village, which is located in Margaasih District, Bandung Regency, promotes this healthy lifestyle through two activities to increase physical activity, namely aerobic exercise competitions and healthy walking activities. These two activities were carried out to celebrate the anniversary of August 17. This community service aims to examine promotional activities to increase these activities through a literature review as a basis, using descriptive methods with observation as the focus of data collection. Based on the literature review and observations made, aerobic exercise competitions and healthy walking activities held by Margaasih Village to celebrate August 17 were effective as promotional media for increasing physical activity in Margaasih Village. Social activities as already implemented can be a medium for increasing public awareness of healthy lifestyles through increasing physical activity. Social activities like this would be better if they were held every month, not just during the anniversary of independence.

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ABSTRAK

Aktivitas fisik merupakan komponen yang tidak dapat dipisahkan dari pola hidup sehat. Promosi peningkatan aktivitas fisik dapat dilakukan melalui berbagai cara, salah satunya adalah dengan mengadakan kegiatan sosial yang melibatkan seluruh masyarakat. Desa Margaasih yang terletak di Kecamatan Margaasih Kabupaten Bandung melakukan promosi pola hidup sehat ini melalui dua kegiatan peningkatan aktivitas fisik, yaitu lomba senam aerobik dan kegiatan jalan sehat. Dua kegiatan tersebut dilaksanakan dalam rangka merayakan hari peringatan 17 Agustus. Pengabdian ini bertujuan untuk mengkaji kegiatan promosi peningkatan aktivitas tersebut melalui kajian literatur sebagai landasan, menggunakan metode pengabdian deksriptif dengan observasi sebagai fokus pengumpulan data. Berdasarkan kajian literatur dan observasi yang dilakukan, lomba senam aerobik dan kegiatan jalan sehat yang diadakan Desa Margaasih dalam rangka merayakan 17 Agustus efektif sebagai media promosi peningkatan aktivitas fisik di Desa Margaasih. Kegiatan sosial sebagaimana yang sudah dilaksanakan dapat menjadi media peningkatan kesadaran masyarakat akan pola hidup sehat melalui peningkatan aktivitas fisik. Kegiatan sosial-sosial seperti ini akan lebih baik bila diadakan setiap bulan tidak hanya ketika pelingatan kemerdekaan saja.

Kata Kunci: hari kemerdekaan; pola hidup sehat; promosi kegiatan

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INTRODUCTION

Health is the physical, functional, and emotional condition that can enable a person to lead an effective life, both individually and socially (McCartney et al, 2019). Along with the human desire to continue living effectively, there has arisen a human awareness to adopt a healthy lifestyle, from the individual level to the community. This awareness of a healthy lifestyle has been recorded as a historical phenomenon, where societies since ancient civilizations have been interested in their health issues, including how to protect their health and engage in activities that are believed to prolong life. For instance, there are efforts to promote healthy living in Greco-Roman culture, Ancient China, Ancient Egypt, as well as in all existing religions (Christianity, Judaism, Buddhism, and Islam) (Suarni & Wulandari, 2022).

The promotion of this lifestyle varies in every culture and changes along with the development of civilization. Quoting from National Geographic, the ancient Greek society spread the promotion of a healthy lifestyle through ideas related to self-control as well as guidelines regarding eating habits, relaxation, and exercise. (see: <https://nationalgeographic.grid.id/read/134182143/selidik-catatan-yunani-kuno-rahasia-hidup-sehat-dan-awet-muda?page=all>). In contrast to the ancient Chinese society that promoted a healthy lifestyle through the art of meditation combining coordinated breathing patterns and body postures, the Middle Eastern societies promoted a healthy lifestyle through traditional medicine, herbal remedies, and maintaining the balance of various components within the body (Singh, 2020). Based on the knowledge and experience that have been gathered previously, the promotion of a healthy lifestyle in modern times has also become more diverse and varied (Nutbeam & Muscat, 2021; Shaw et al., 2021).

In Indonesia, the promotion of a healthy lifestyle is realized through various media by various parties. The promotion of a healthy lifestyle is carried out as an effort to prevent diseases and conditions that can disrupt child development (Darma & Alamsyah, 2024; Febriliani et al., 2024). On a macro scale, the promotion of a healthy lifestyle is carried out by the government through various programs. In the 1970s, the Ministry of Health of the Republic of Indonesia created the slogan "Empat Sehat Lima Sempurna" as a guide for nutritious food intake. In 2017, the slogan changed to "Isi Piringku" to facilitate the distribution of portions from each nutrient content. The food intake guidelines in "Isi Piringku" are much more concise and easier to follow.

A healthy lifestyle is not only related to nutritional intake. Physical activity also plays an important role in health. Appearing healthy is not enough if it is not accompanied by adequate physical activity. Healthy adults who do not integrate an active lifestyle are individuals who are vulnerable to disease (Asri et al., 2021; Howlett et al, 2018). A study on the United State population exposed to Covid-19 found that physically inactive individuals have a greater risk of hospitalization and death compared to individuals who follow the recommended daily physical activity (Sallis et al, 2021). Individuals with low physical activity frequency and dominant sedentary behavior in their daily lives have a risk of developing non-communicable diseases such as cancer (Friedenreich, 2020). Individuals who follow physical activity recommendations according to age, body condition, and daily activity level have been found to reduce the risk of cancer (McTiernan, 2019).

Certain health conditions require specific recommendations for physical activity (Dwyer, 2020). In general, an increase in physical activity in an individual's life can enhance the quality of that individual's life, in social, cognitive, and emotional terms. Technology, which has become an integral part of almost all areas of human life, contributes to the quality of life, that is not always positive, especially in terms of physical activity. The development of technology and the rise of obesity have intertwined over the past century, starting from the industrial revolution (Woessner et al, 2021). Promotion of a healthy lifestyle and increased physical activity must be carried out in a creative, appealing, and sustainable manner.

On a macro level, efforts to promote increased physical activity in Indonesia are carried out by the government through the provision of information centers on the Ministry of Health's website. The availability of health services and counseling enhances public awareness of healthy lifestyle patterns. On a micro level, the promotion of increased physical activity is carried out through counseling and various activities conducted by small community units. In Indonesia itself, awareness of integrating physical activity into daily life is already quite high. As many as 78% of the Banjar Sala community have made efforts to maintain their health (Atmaja et al, 2021), such as gymnastics, jogging, and cycling. Similar results were also found in the research by Wakitayanti and Hartono in the city of Semarang, which showed an increase in interest in efforts to maintain health (Wakitayanti & Hartono, 2021). The community has already implemented a healthy lifestyle and physical activities such as cycling, swimming, and jogging.

The promotion of healthy living habits needs to be observed and discussed further. One of the villages that is making efforts to promote healthy living through increased physical activity is Margaasih Village. According to data from the Central Statistics Agency, Margaasih Village is located in Margaasih District, Bandung Regency, with a population of 26,320 people, which is 17.72% of the total population of Margaasih District. In celebration of the national holiday on August 17, Margaasih Village will promote a healthy lifestyle through increased physical activity. This effort to promote increased physical activity in this way can enhance social connectedness when engaging in physical activities, especially when done together with neighbors and the surrounding community. This article aims to delve into this activity and examine the promotion of physical activity based on existing literature and direct field observations.

Literature Review

The importance of a healthy lifestyle & physical activity

Anik in her book titled "Perilaku Hidup Bersih dan Sehat (PHBS) for health students and health workers" states that clean and healthy living behavior is an effort to help the community implement clean and healthy living methods to maintain and improve health, thereby contributing to a prosperous life for community members. Perilaku Hidup Bersih dan Sehat (PHBS) is a concept and effort aimed at encouraging the community to adopt a clean and healthy lifestyle in order to maintain, preserve, and enhance the health of individuals and the community as a whole. The PHBS concept has a very important impact in preventing diseases, improving quality of life, and reducing the disease burden that can occur due to unhealthy lifestyles. Several aspects emphasized in PHBS include:

1. **Personal Hygiene:** Includes maintaining body cleanliness, bathing regularly, caring for skin, nails, and hair. This involves behaviors such as washing hands with soap before eating or after using the toilet.
2. **Environmental Cleanliness:** Encouraging the community to maintain cleanliness in their surroundings, including homes, schools, and workplaces. This includes proper waste management, maintaining environmental sanitation, and avoiding unnecessary clutter.
3. **Air and Water Pollution:** Avoiding exposure to air and water pollution that can affect health. For example, avoiding smoking, ensuring consumption of clean water, and maintaining good ventilation indoors.
4. **Balanced Nutrition:** Ensuring a balanced diet by consuming a variety of nutrient-rich foods. Avoid high-fat foods, excessive sugar consumption, and pay attention to portion sizes.
5. **Physical Activity:** Encouraging the community to maintain an active lifestyle by exercising regularly. Physical activity helps to maintain weight, keep heart health, and improve mental health.
6. **Avoiding the Use of Harmful Substances:** Avoiding the use of harmful substances such as alcohol, drugs, and illegal drugs.
7. **Health Promotion:** Educating the community about the importance of health through campaigns, seminars, brochures, and other media.

By implementing PHBS (Clean and Healthy Living Behavior), the community can reduce the risk of infectious and non-communicable diseases, such as respiratory illnesses, diarrhea, heart disease, diabetes, and others. This effort also helps in building awareness of the importance of maintaining health and cleanliness collectively, thus creating a better and healthier environment for all members of the community.

Physical activity refers to all forms of body movement that involve skeletal muscle contractions and require energy expenditure. According to the WHO on its website, physical activity can encompass a variety of daily activities that involve body movement, both consciously and unconsciously (see: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>). Physical activity plays a crucial role in maintaining human health and well-being. Some important benefits of physical activity include:

1. **Improving Heart and Blood Vessel Health:** Regular physical activity helps improve blood circulation, strengthen the heart, and maintain the elasticity of blood vessels, thereby reducing the risk of heart disease and stroke.
2. **Weight Control:** Physical activity helps burn calories and maintain a healthy weight. This helps prevent overweight and obesity, which can contribute to various health problems.
3. **Improving Bone and Muscle Health:** Physical activities that involve weight on bones and muscles, such as weight training or walking, can help strengthen bones and muscles, reduce the risk of osteoporosis, and maintain physical strength.
4. **Improvement of Mental Health:** Physical activity has a positive effect on mental health, helping to reduce stress, anxiety, and depression. It can enhance mood and overall well-being.
5. **Improving Sleep Quality:** Regular physical activity can help improve sleep quality, allowing you to sleep more soundly and feel more refreshed upon waking.
6. **Prevention of Chronic Diseases:** Engaging in regular physical activity can help prevent various chronic diseases such as type 2 diabetes, heart disease, and high blood pressure.
7. **Enhancing Physical Fitness:** Physical activity helps improve cardiorespiratory fitness (endurance of the heart and lungs), muscle strength, and body flexibility.

The Relationship Between Physical Activity Levels and Mental Health

Mental health issues such as anxiety and depression can be anticipated by engaging in physical activity. There is a strong relationship between the level of physical activity and mental health. Physical activity not only provides physical benefits such as improved fitness and heart health but also has a significant positive impact on mental health ([Schuch & Vancampfort, 2021](#)). Here are some influences of the relationship between physical activity and mental health:

1. **Stress and Anxiety Relief:** Physical activity can help alleviate stress and anxiety. When you move, your body produces endorphins, neurotransmitters that have a positive effect on mood. Physical activity can also help reduce stress hormones like cortisol.
2. **Mood Enhancement:** Exercise and physical activity can stimulate the release of neurotransmitters such as serotonin and dopamine, which play a role in improving mood and feelings of happiness. This can help combat feelings of sadness or mild depression.
3. **Increased Confidence:** Achieving fitness goals or certain physical accomplishments through physical activity can boost self-confidence and self-esteem. This can have a positive impact on overall mental health.
4. **Distraction:** Physical activity can help distract from negative feelings or excessive thoughts. Focusing on movement and activity can provide a break from intrusive thinking.

5. **Increased Energy and Vitality:** Through regular physical activity, you can feel more energetic and lively. This can help combat physical and mental fatigue that can affect mental health.
6. **Reduction of Depression Risk:** Some studies suggest that physically active people have a lower risk of developing depression. Physical activity can alter brain patterns and body chemistry related to depression.
7. **Social Interaction:** Some types of physical activity, such as group sports or recreational activities, can boost social interaction. This interaction can strengthen social support, reduce feelings of loneliness, and enhance mental well-being.
8. **Improved Sleep Quality:** Regular physical activity can help regulate the body's circadian rhythm and improve sleep quality. Good sleep has a positive impact on mental health.

Each individual has different needs and preferences regarding physical activity. Finding the type of activity you enjoy and can maintain consistently is key to gaining optimal mental health benefits from physical activity. If you are experiencing serious mental health issues, it is important to seek support from mental health professionals.

Recommendations for Physical Activities Based on Age

Appropriate physical activity can vary based on age, physical ability, and individual preferences. Here are some recommendations for physical activity based on age range:

1. **Children (5-12 years old)** can engage in physical activities such as playing outdoors, like running, cycling, or playing soccer, participating in sports such as soccer, basketball, swimming, or gymnastics, and taking part in structured physical activities at school or community, such as dance or sports classes (Hita et al, 2021; Khomaeny et al, 2020);
2. **Adolescents (13-18 years old)** can engage in physical activities including team sports like soccer, basketball, volleyball, or field sports, cardio activities like running or cycling, strength training with body weight or fitness equipment, and gymnastics, dance, or yoga to enhance flexibility and balance (Supriyatna et al, 2019);
3. **Young adults (19-39 years)** can engage in physical activities including various types of cardio such as running, cycling, swimming, or dancing. They can also combine cardio workouts with strength training to build muscle and fitness, participate in sports activities like tennis, badminton, or futsal, as well as choose activities tailored to their preferences, such as hiking, yoga, or crossfit (Rau et al, 2021);
4. **Middle-aged adults (40-64 years)** can engage in regular cardio activities such as brisk walking, cycling, or swimming, strength training to maintain muscle mass and bone density, flexibility activities like gymnastics or yoga to maintain balance and flexibility, and consider low-impact activities if there are joint issues or specific health concerns;
5. **Elderly people (aged 65 and above)** can engage in physical activities such as leisurely walking or swimming to maintain cardiovascular health and overall fitness, strength training to preserve muscle mass and avoid a decline in physical function, balance exercises to reduce the risk of falls, as well as yoga or tai chi to improve flexibility and balance (Nurvitasari & Rahman, 2024).

Types of Physical Activities

According to the Ministry of Health on its website (see: <https://promkes.kemkes.go.id/content/?p=8807>) there are several daily activities that are considered physical activities, including walking, gardening, working in the yard, washing clothes, washing cars, mopping floors, and going up and down stairs.

Meanwhile, physical activities that fall into the sports category include push-ups, jogging, playing ball, swimming, aerobics, playing tennis, yoga, fitness, and weightlifting. Physical activities are divided into 3 categories based on intensity and the amount of calories used, including:

1. Heavy physical activity: during the activity, the body produces a lot of sweat, heart rate and breathing frequency increase until out of breath. Energy expenditure >7 Kcal/minute. Examples of heavy physical activities include (see: <https://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/page/42/aktivitas-fisik-berat>):
 - a. Walking very quickly (speed over 5 km/h), walking uphill, walking while carrying a load on the back, climbing mountains, jogging (speed 8 km/h) and running.
 - b. Jobs like lifting heavy weights, shoveling sand, moving bricks, digging trenches, and hoeing.
 - c. Household tasks like moving heavy furniture and carrying children.
 - d. Biking over 15 km/h on uphill tracks, playing basketball, badminton, and soccer.
2. Moderate physical activity: During moderate physical activity the body sweats a little, heart rate and breathing frequency increase. Energy expenditure: 3.5 - 7 Kcal/minute. Examples of moderate physical activity include (see: <https://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/aktivitas-fisik-sedang>):
 - a. Walking briskly (at a speed of 5 km/h) on a flat surface indoors or outdoors, in class, to work or to the store, and leisurely walking during breaks.
 - b. Moving light furniture, gardening, planting trees, and washing cars.
 - c. Carpentry work, making and arranging wooden blocks, and mowing the grass with a lawn mower.
 - d. Recreational badminton, dancing, cycling on flat tracks, and sailing.
3. Light physical activity: activities that only require a little effort and usually do not cause changes in breathing. Energy expended <3.5 kcal/minute. Examples of light physical activities include (see: <https://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/aktivitas-fisik-ingan>):
 - a. Walking leisurely at home, in the office, or at the shopping center.
 - b. Sitting to work in front of a computer, reading, writing, driving, and operating machines in a sitting or standing position.
 - c. Standing while doing light household chores such as washing dishes, ironing, cooking, sweeping, mopping the floor, and sewing.
 - d. Stretching and warming up with slow movements.
 - e. Doing crafts, playing video games, drawing, painting, and playing music.
 - f. Playing billiards, fishing, archery, shooting, golfing, and horseback riding.

METHODS

In this service program, the method used is a descriptive method, with a literature review as the theoretical foundation for the implementation of activities and observation as the data collection method. The literature review is a summary and theories obtained through relevant readings, and these theories will then be used as the background for preparing actual data collection in the research. Meanwhile, observation was chosen as the data collection method to directly observe individual behaviors in the research setting so that events in the field can be described objectively. After reviewing the theories from the literature review and matching them with the demographics of the residents of Margaasih Village, a gymnastics competition and a healthy walk were chosen as methods to promote a healthy lifestyle. Participants in the activities are residents of Margaasih Village from 22 RW. For the gymnastics competition, representatives from each RW were selected, while the healthy walking event was participated in by around 450 people from Margaasih Village in the categories of high school students and the general public.

In the implementation process, the service committee has prepared the necessary equipment for the aerobics competition, such as participant numbers attached to their chests, registration tables and chairs, as well as an MC. To ensure the event runs smoothly, the committee is involved in guiding the activities and making observations throughout the event. The event began with an opening and a speech from the Chairman and the Village Head. The activities were interspersed with ice-breaking sessions and entertainment to keep participants from getting bored. The event concluded with the distribution of prizes by the Village Head to the participants who won the competition.

RESULT AND DISCUSSION

Realization of the Gymnastics Competition Activities in Margaasih Village

The aerobic gymnastics competition was held on August 19, 2023, from 08:00 to 10:30 WIB at the RW 16 field in Margaasih village. The competition was participated in by 22 RWs from Margaasih village, with several representatives determined by each coordinator from their respective RWs. The aerobic gymnastics competition aims to celebrate Indonesia's independence and promote a healthy lifestyle through increased physical activity. The participants' response to the event can be considered very enthusiastic, as evidenced by several signs of euphoria they showed from the beginning until the competition finally ended. Although governed by several rules and policies set by the committee, it has never been an obstacle for all of them to participate in the festivities of the event. From the process of lining up and arranging the movement space for each individual, to the explosive movements they must follow from the gym instructor standing in front of the stage. There was hardly any hindrance other than the fatigue that some participants occasionally displayed through their gestures and tired expressions. It was also noticeable that sometimes they quenched their thirst with mineral water provided by the committee or bottled mineral water they brought with them.

For the assessment of the winners, observation methods were conducted by the committee and judges. The assessment was oriented towards the movements, intensity, and endurance of the participants. These three aspects were the criteria for the judges to determine whether the participants could progress to the next round. The committee's assessment was conducted by circling and observing each participant. In the preliminary round, there were approximately sixty participants. After the preliminary round, there was a break session. During this break session, the judges held discussions regarding the participants who would advance to the next round. The committee announced the participants who were entitled to continue to the final round, and the competition began again. Approximately thirty participants successfully advanced to the final round.

In the final round, the rhythm and intensity of the gymnastics movements were faster and higher than in the previous round. The final round lasted for twenty minutes. After the song finished, the committee instructed the participants to step aside and take a break. The participants rested while interacting with each other and using the stage provided by the committee to relieve their fatigue. After twenty minutes, the judges completed their discussion regarding the winner of the aerobics competition and went on stage. The winner was announced and awarded a trophy and other prizes.

Implementation of Healthy Walking Activities in Margaasih Village

The healthy walking activity in Margaasih Village was the second event held on August 20, 2023, from 08.00 - 14.30 WIB, located in front of the Margaasih Community Health Center. The event was organized by the Margaasih Village Committee and attended by 22 RWs in Margaasih, with 20 representatives from each RW, totaling approximately 450 participants who were a mix of male and female. Although it was a general event, this walking competition was specifically held for residents and students living in the Margaasih Village area. Participants ranged from high school students to the general public, including representatives who had formed a team.

The walking event was held over a distance of 6 km, with a route that had been modified by the organizers to make it interesting and targeted. The event began with collecting participants in one place in their respective groups, followed by a speech from the Village Committee expressing their appreciation for all the walking participants. Subsequently, the healthy walking activity commenced with a signal from the committee to the participants. Throughout the event, participants were escorted and directed by committee members who were on standby throughout the journey. On the specified route, participants would proceed in unison past checkpoints to obtain confirmation in the form of markings on their participant cards from the committee members stationed at each checkpoint. Participants would pass through approximately 3 checkpoints to be officially recognized as competitors and be eligible for the door prize that the committee had promised to the participants at the end of the event. Participants jubilantly enlivened the event with matching and unique outfits, while orderly following the winding route, which had the same finish line as the starting line.

This walking competition is held to commemorate the 78th anniversary of Indonesian Independence. In addition to training discipline in following all instructions from the committee and the flow of the event, this activity also serves as a form of promoting physical activity to maintain health. This competition can also foster citizens' awareness of togetherness in social interactions during the event, solidarity in enlivening the occasion, while also recalling the spirit of struggle of the heroes in achieving independence.

Discussion

The response and reaction of the residents of Margaasih Village towards these two physical activities are quite positive. This can be seen from the enthusiasm of the participants, reflected in the representative participation from each neighborhood unit (RW). The effective communication between the National Holiday Committee from Margaasih Village also facilitated the smooth running of the activities. The residents of Margaasih Village also appeared to enjoy the event and participated in all activities according to the committee's instructions. It was evident that after engaging in physical activities such as aerobic exercises and walking for health, the majority of the residents were sweating due to having moved the major muscles in their bodies during these activities. The effects on the human body after performing exercises like aerobic workouts, when considering the principles and dosage of practice, include sweating and burning fat in the body, increased fitness, especially cardiac and pulmonary endurance, as well as potential weight loss if done regularly (Supriady & Schiff, 2021). It is hoped that after engaging in this physical activity, the residents will become fitter and more aware of the benefits of moving and exercising.

The response from residents who also appear happy with activities involving physical exercise. Higher physical activity can enhance life satisfaction and better happiness in young adults, middle-aged, and the elderly (An et al., 2020). This is because physical activity can increase the production of endorphin hormones, which help reduce stress and create feelings of happiness (Lobene et al, 2020; Widjaya & Komara, 2023). If this physical activity is carried out regularly, or not only held on certain holidays, the health and happiness benefits to the community will be even greater.

In addition, the opportunity to interact and meet with other residents living in the same environment makes this physical activity a means of fostering friendship and rekindling a sense of togetherness among residents. This social interaction also allows residents who are usually not very active in the community to engage directly and get to know others in their neighborhood better. This is because a lack of adequate social connections can lead to feelings of alienation, emotional emptiness, and loneliness (Witton et al, 2024). It is hoped that the physical activities carried out together like this can increase self-confidence, fill the void within oneself, and serve as motivation to maintain the health of the residents (Hasanah et al, 2024). The togetherness that exists also makes the atmosphere of the activities feel more enjoyable and does not feel like a burden. This will foster a spirit of unity and tolerance through the values contained in Pancasila. The challenges found in this activity may be the large number of participants accommodated by the committee, which requires extra attention from the committee to ensure the activities run smoothly.

CONCLUSION

The promotion of a healthy lifestyle through increased physical activity in commemoration of the Indonesian Independence Day, which took place over two days in Margaasih Village, ran smoothly and effectively. Through aerobics competitions and healthy walking events, the people of Margaasih Village were able to collectively increase their physical activity, fostering awareness of a healthy lifestyle collectively. The organization of the event, which also coincided with the 78th anniversary of Independence Day, helped to cultivate love for the homeland and patriotism in commemorating the struggle of the heroes. Overall, the efforts to promote increased physical activity through the integration of activities into national celebrations had a positive impact on the awareness of a healthy lifestyle among the residents of Margaasih Village and aligned with the values of Indonesian society, making it a viable suggestion for a sustainable program.

This program can be continued in the future in the form of research or community service; the team can provide special exercise materials, particularly gymnastics, to representatives of the village so that physical activity can continue even after the community service program is completed, or can add variations of physical activities deemed suitable to the needs and conditions on the ground in the areas to be studied, and measure how competitions and healthy walking events have influenced the community's awareness of healthy living through a small satisfaction survey, as well as how these physical activity activities can strengthen social ties among village residents.

AUTHOR'S NOTE

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