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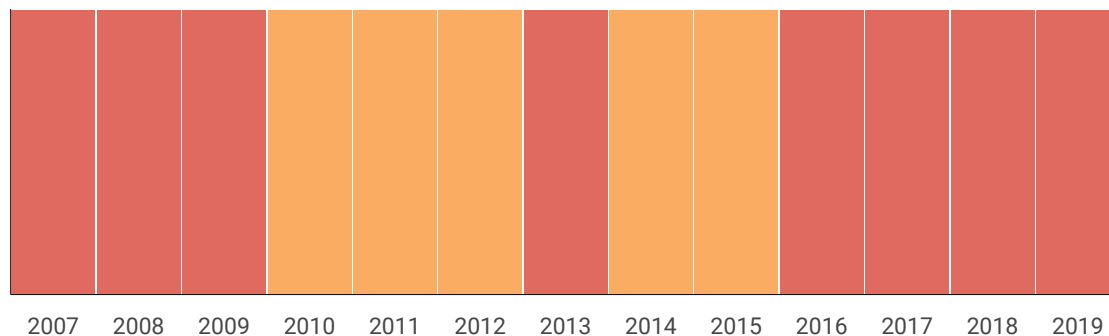
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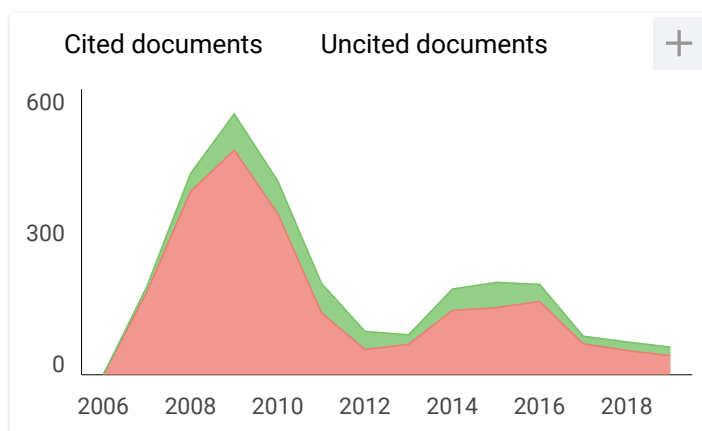
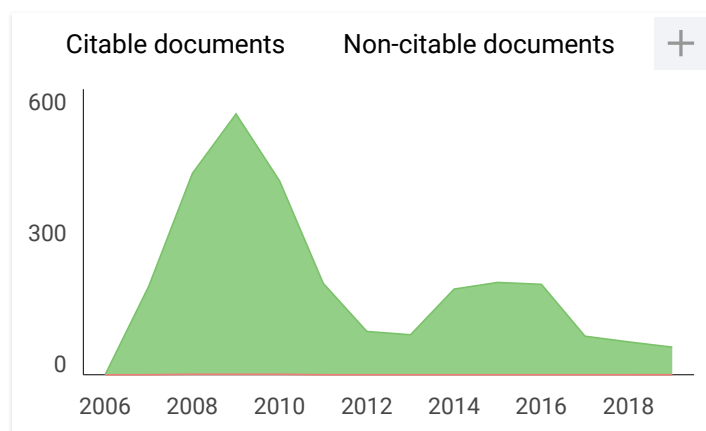
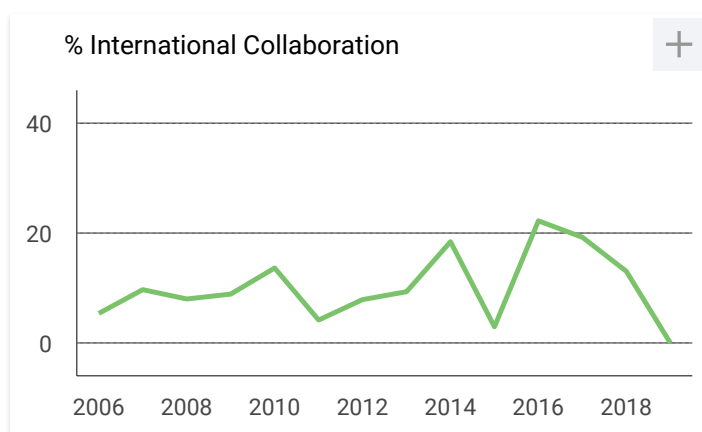
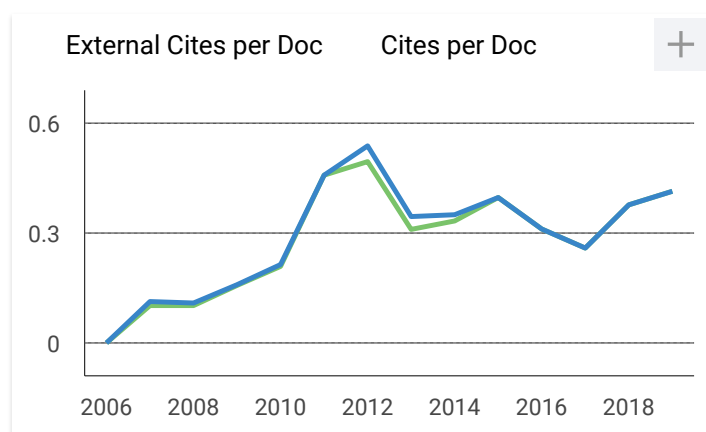
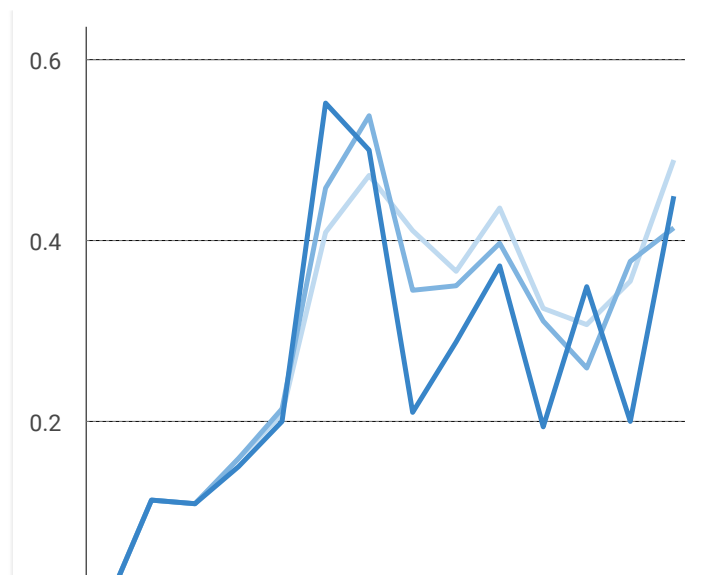
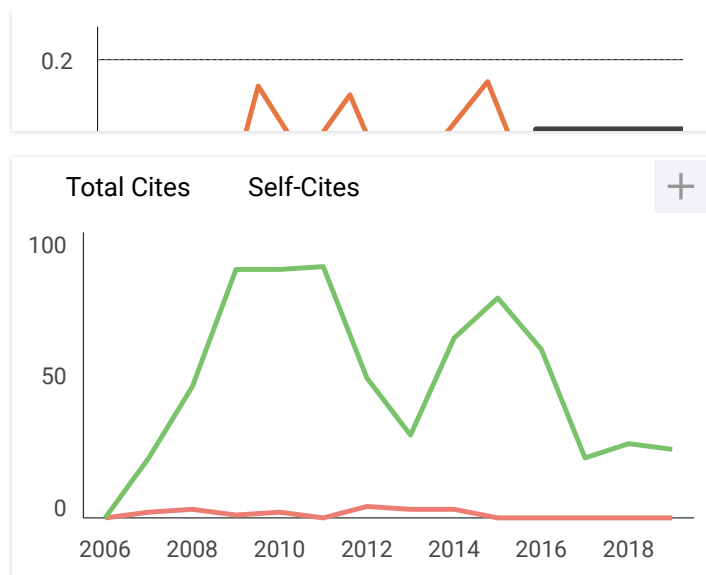


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Prevalence, Characterization and Inhibition by Probiotics of Multidrug Resistant Bacteria Isolated from Renal Failure Patients Undergoing Hemodialysis

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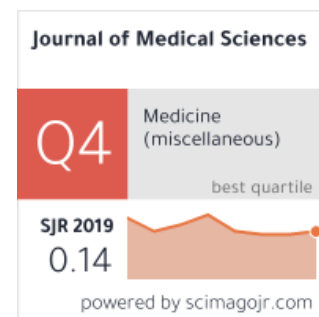
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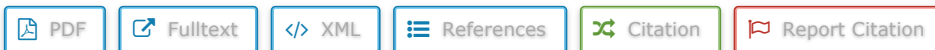
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Aris Sugiharto, Suharyo Hadisaputro, Soegiyanto, Hastaning Sakti, Hardhono Susanto, Tandiyo Rahayu, Ari Suwondo and Dwi Sutningsih

Abstract: Background and Objective: Elderly fitness should not only improve by physical activities alone, but improvements are generally better if done through teaching physical and psychological activities based on mental and physical unity. This study was aimed to assess the influence of the fitness-empowering elderly intervention programs on the level of fitness of the elderly. **Materials and Methods:** The test was conducted on 60 respondents who were divided into 3 groups, group 1 underwent elderly calisthenics and interactive counseling skills, group 2 elderly calisthenics and group 3 was a control group. The independent variables were calisthenics for elderly and interactive counseling skills, the dependent variables VO₂Max, muscle flexibility, resting pulse, self-efficacy, health commitment. Data were analyzed by testing differences between groups, using the ANOVA test followed by the *post hoc* Tukey test and by the Kruskal-Wallis test followed by the Mann-Whitney test. **Results:** There was a significant difference in mean measurement results between before and after the intervention of the fitness empowerment elderly program in the form of elderly calisthenics and interactive counseling skills after 6 weeks with a frequency of 3 times per week including VO₂Max, muscle flexibility, self-efficacy and health commitment. After the intervention can improve the measurement results between groups. **Conclusion:** The fitness empowerment elderly program can increase VO₂Max, muscle flexibility, self efficacy and health commitment.



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