

DAFTAR LAMPIRAN

Lampiran 1. Surat Izin Etik Penelitian	75
Lampiran 2. Surat Izin Penelitian	76
Lampiran 3. Informed Consent.....	77
Lampiran 4. Karakteristik Responden	78
Lampiran 5. Lembar Observasi Senam Lansia	79
Lampiran 6. Form FFQ	80
Lampiran 7. Pre Test Dan Post Test.....	81
Lampiran 8. Leaflet.....	82
Lampiran 9. Data Olah SPSS	84
Lampiran 10. Dokumentasi	88