

DAFTAR PUSTAKA

1. Badan Kependudukan dan Keluarga Berencana Nasional. Program Kependudukan dan Keluarga Berencana Nasional. 2010; Available from: www.bkkbn.go.id
2. Kementerian Kesehatan RI. Komposisi Tubuh Lansia. 2008; Available from: <http://gizi.depkes.go.id/wp-content/uploads/2010/07/komposisi-tubuh-lansia.pdf>
3. Undang-Undang Republik Indonesia Nomor 13 Tahun 1998. 1998; Available from: www.bpkp.go.id/uu/filedownload/2/45/438.bpkp
4. BAPPENAS. Angka harapan hidup penduduk Indonesia. 2010.
5. Kementerian Kesehatan RI. Data & informasi kesehatan. 2006;
6. General S. The Effects of Physical Activity on Health and Disease. Available from: <http://www.cdc.gov/nccdphp/sgr/pdf/chap4.pdf>
7. Pusat data dan informasi kementerian kesehatan RI. Buletin Jendela Data & Informasi Kesehatan. 2013;
8. Wenger HA BG. The Interactions of Intensity, Frequency and Duration of Exercise Training in Altering Cardiorespiratory Fitness [Internet]. [cited 2015 Jan 5]. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/3529283>
9. Orange Valley. Basic Maintenance Exercise for Elderly. 2012; Available from: www.orangevalley.sg
10. Jones CJ, Rikli RE. Measuring functional, Journal of Rehabilitation Medic. 2011;(April):24–30.
11. Enright PL. The Six-Minute Walk Test. J Rehabil Med. 2010;783–5.
12. Kemmler W, Von Stengel S, Weineck J, Lauber D, Kalender W, Engelke K. Exercise effects on menopausal risk factors of early postmenopausal women: 3-Yr erlangen fitness osteoporosis prevention study results. Med Sci Sports Exerc. 2005;37:194–203.
13. Voice of America. Jumlah Lansia di Dunia Diperkirakan Mencapai 1 Miliar dalam 10 Tahun [Internet]. [cited 2015 Jan 6]. Available from:

<http://www.voaindonesia.com/content/jumlah-lansia-sedunia-diperkirakan-mencapai-1-miliar-dalam-10-tahun/1519360.html>

14. Unfpa, HelpAge International. Ageing in the Twenty-First Century :A Celebration and A Challenge. Ageing Twenty-First Century A Celebr A Chall. 2012;2011:19–33.
15. Going S, Williams D LT. Aging and body composition: biological changes and methodological issues. [Internet]. [cited 2015 Feb 1]. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/7556359>
16. Uauy R. Nutrition throughout the life cycle. Eur J Clin Nutr. 53 Suppl 3.
17. Smith S, Gove JE. Physical Changes of Aging. Aging (Albany NY). 2010;1–7.
18. Hall JE, Guyton AC. Textbook of Medical Physiology [Internet]. 11th ed. Available from: <http://www.us.elsevierhealth.com/Medicine/Physiology/book/9781416045748/Guyton-and-Hall-Textbook-of-Medical-Physiology/>
19. Wan M. Benefits of exercise in the elderly. 2014;4(1):5–8.
20. Society AT, Sciences G, Practices B. Guidelines for the 6-Minute Walk Test Functional Assessment in PAH : The 6-Minute Walk Test. 2010;6–8.
21. Nurdwinringtyas N. Panduan Tindakan Rehabilitasi Respirasi. 2nd ed.
22. Perhimpunan Dokter Spesialis Rehabilitasi Medik Indonesia (PERDOSRI). Asesmen & Prosedur Kedokteran Fisik dan Rehabilitasi. 2012.
23. Exercise & Sports Science Australia. Contraindications for physical activity / exercise. 2011;(May):1–2. Available from: <http://exerciseismedicine.org.au/wp-content/uploads/2011/07/contraindications-for-physical-activity-and-exercise-v1.0.pdf>
24. Nurdwinringtyas N. Uji Jalan 6 Menit Sebagai Sarana Untuk Melakukan Penilaian Terhadap Kapasitas Fungsional Sesuai dengan Nilai Antropometri Indonesia. Indonesia; 2012.
25. Tokarski W. Sport of the elderly. Kinesiology [Internet]. 2004;36:98–103. Available from: http://hrcak.srce.hr/index.php?show=clanak_download&id_clanak_jezik=6928