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*by Bu Nadiya Nadiya*



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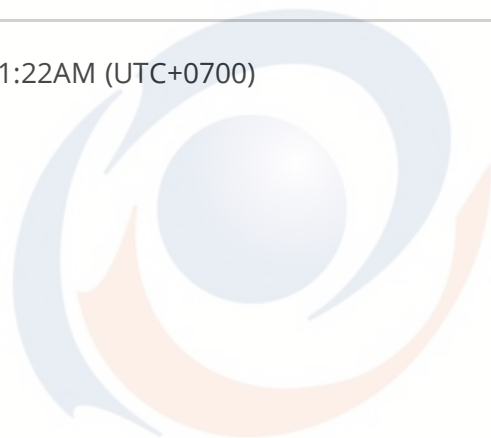
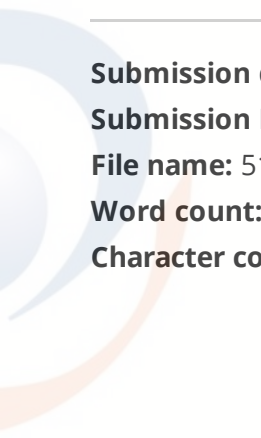
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## **Correlation of macronutrient intake, physical activity, exercise habits with weight in Ketofastosis community members**

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**1**

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The objective of this study to find out whether there is a correlation between macronutrient intake, physical activity, exercise habits, and body weight in members of the Ketofastosis community. This research used a cross-sectional research design. The study population the Ketofastosis community with a total of 181 people. The research sample consisted of 40 people who were selected using purposive sampling. The data of this study included data on the characteristics of respondents, intake of macronutrients using the food record and food recall form, physical activity using the PAL (Physical Activity Level) questionnaire, exercise habits using the Baecke questionnaire. Body weights were measured using a weighing device. Data were analysed using the Spearman rank correlation test. All respondents had a history of 100% less carbohydrate intake, less protein intake by 50%, and a 45% excess fat intake. Most of the respondents had a history of light physical activity by 35% and active exercise of 77.5%. Respondents who had an ideal body weight of 50%, less body weight were 7.5%, and overweight was 42.5% in the normal weight category. 90-110%, underweight with a value of <90%, overweight with a value of >110% based on the calculation of ideal body weight using the Broca formula. There was a significant correlation between fat intake and body weight ( $p=0.028$ ) and ( $r=-0.347^*$ ); the higher the fat intake, the lower the body weight in members of the Ketofastosis community.

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