



ABSTRACT

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THE EFFECT OF NUTRITION COUNSELING AND EXERCISE ON BODY COMPOSITION AT EVONUTRITION MEMBER IN CENTRAL JAKARTA

VI, VI Chapter, 4 Pages, 15 Tables, 3 Picture, 9 Attachment

Introduction : Nutrition counseling and exercise like high intensity interval training (HIIT) is an important to change the measurement in body composition and decrease the case of obesity. The objective of this research to determine the effect of nutrition counseling and exercise at high intensity interval training (HIIT) on body composition.

Materials and methods : The design was quasy experiment, with method one group pre test post test design. Data were collected by anthropometry measurment, interview and 2x24 hours food record. Subjects were 12 member of Evonutrition followed nutrition counseling using of social media, nutrition counseling once a week and exercise (HIIT) four times a week for 12 weeks.

Results : The nutrition counseling and exercise at high intensity interval training were effective to decrease the body composition after the intervention of body fat percent ($-1 \pm 0.36\%$) visceral fat (-0.5) and increase muscle mass ($+0,88$ kg), but not significant ($p > 0.05$).

Conclusion : It is concluded that 12 weeks of nutrition counseling and exercise (HIIT) is more effective in changing the body composition.

Keywords : Body Composition, Exercise (HIIT), Nutrition Counseling

References : 68 (2000-2018)