



ABSTRACT

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THE EFFICACY OF NUTRITIONAL COUNSELLING AND EXERCISE PROGRAM ON BODY MASS INDEX , ENERGY AND MACRONUTRIENTS INTAKE AT EVONUTRITION MEMBERS CENTRAL JAKARTA

VI, VI Chapter, 37 Pages, 12 Tables, 3 Picture, 4 Attachment

Background: Obesity caused by nutrient imbalance between intake and expenditure. Obesity will be impact on health, such as degenerative diseases including diabetes mellitus, coronary heart disease, stroke, hypertension and it can also cause death. The objective of the reseach is to determine efficacy of nutritional counseling and high intensity interval training on nutritional status and nutrition intake at Evonutrition members Central Jakarta.

Methods: The design was quasy exsperiment, 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 social media, nutrition counseling once a week and exercise (HIIT) four times a week for 12 weeks.

Results: The nutritional counseling and high intensity interval training effective to decrease the body mass index after the intervention of $0,3 \text{ kg/m}^2$ but not significant ($p > 0.05$). There is significant difference of energy, protein, fat, and carbohidrate ($p < 0.05$) before and after nutrition counseling and exercise program.

Conclusion: It is concluded that 12 week of nutrition counseling and high intensity interval training decrease the body mass index 0.3 kg/m^2 and it is effisience for maintance food intake.

Keywords: Body mass index, HIIT, nutritional counseling, nutrition intake

References : 43 (2000-2017)