

ABSTRACT

Title : **The Effect of Exercise and Nutrition Education Programs on The Body Composition, Waist Circumferences and Hip Circumferences at Fitness Center Participants in Duadua Studio Depok**

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Background: Obesity prevalence data worldwide has doubled between 1980 and 2014. Increased obesity is inseparable from style life, such as decreased physical activity. Nutrition education through counseling, counseling or various other methods is one of the efforts that can be done to prevent nutritional problems. The exercise and nutrition education programs are the right way to see how much influence nutritional status in the fitness center women only like in Duadua Studio Depok.

Objective: Knowing the effect of exercise and nutrition education programs on the body composition, waist circumference and hip circumference at Fitness Center Participants in Duadua Studio Depok.

Methods: This study uses the design of *One Groups Pretest-Posttest*. The sampling technique used is a *longitudinal* technique, namely data retrieval is done repeatedly several times at different times with a sample of 34 people. Data analysis using *t-paired test*.

Results: The results showed that there was a significant effect of exercise and nutrition education programs on the body composition ($p < 0.05$) and waist circumference ($p < 0.05$). However, there was no significant effect on the hip circumference ($p > 0.05$).

Conclusion: There is the influence of exercise and nutrition education programs on the body composition and waist circumference. However, there was no significant effect on hip circumference at fitness center participants in Duadua Studio Depok.

Suggestion: The next researcher needs to use the treatment group and the control group this can make the comparison group at the time of the study.

Keywords: *Body composition, exercise program, hip circumference, nutrition education, obesity, waist circumference*