

DAFTAR PUSTAKA

- Abadini, D dan Wuryaningsih, CE. 2019. Determinan Aktifitas Fisik Orang Dewasa Pekerja Kantoran di Jakarta Tahun 2018. *Artikel Promosi Kesehatan Indonesia*. 14 (1) : 15 – 28
- Alajmi, N. *et al.* 2016. Appetite and Energy Intake Responses to Acute Energy Deficits in Females versus Males. *Medicine and Science in Sports and Exercise*. 48 (3) : 412 – 420
- Alizadeh, Z., Kordi, R., Rostami, M., Mansournia, MA., Hosseinzadeh-Attar, SMJ and Fallah, J. 2013. Comparison Between the Effects of Continuous and Intermittent Aerobic Exercise on Weight Loss and Body Fat Percentage in Overweight and Obese Women: A Randomized Controlled Trial. *International Journal Of Preventive Medicine*. 4 (8) : 881-888
- Almatsier, S., Soetardjo, S and Soekatri, M. 2011. *Gizi Seimbang dalam Dauh Kehidupan*. Gramedia. Jakarta.
- American College Of Sports Medicine. 2011. *ACSM's Guidelines For Exercise Testing And Prescription*. Lippincott Williams & Wilkins. Philadelphia
- Andini, A and Indra, EN. 2018. Perbedaan Pengaruh Frekuensi Latihan Senam Aerobik Terhadap Penurunan Persentase Lemak Tubuh dan Berat Badan Pada Members Wanita. *Medikora*, 15 (1) : 39-51
- Barbosa-Silva, MCG and Barros, AJD. 2005. Bioelectric Impedance And Individual Characteristics As Prognostic Factors For Post-Operative Complications. *Clinical Nutrition*. 24 (5) : 830-838
- Cakmakci, E., Arslan, F., Taskin, H.M and Cakmakci, O. 2011. The Effects of Aerobic Dance Exercise on Body Composition Changes Associated with Weight Change in Sedentary Women. *Journal Of Physical Education and Sport Science*. 13 (3) : 298-304
- Calara, S and Adyaksa, G. 2014. Perbandingan Pengukuran Persentase Lemak Tubuh Dengan Pengukuran Skinfold Dan Bioelectrical Impedance Alaysis (BIA). *Artikel Kedokteran Diponegoro*. 3 (1).
- Castro, EA., Carraca, EV., Cupeiro, R., Plaza, BL., Teixeira, PJ., Lamuno, DG and Peinado, AB. 2020. The Effects of the Type of Exercise and Physical Activity on Eating Behavior and Body Composition in Overweight and Obese Subjects. *Nutrients*. 12 (2) :1-14
- CDC. *Healthy Weight, Nutrition and Physical Activity*. Diakses : 1 November 2020. https://www.cdc.gov/healthyweight/physical_activity/index.html.
- Chiu, CH. *et al.* 2017. Benefits of different intensity of aerobic exercise in

modulating body composition among obese young adults: a pilot randomized controlled trial. *Health and Quality Of Life Outcomes*. 15 (1) : 1-9

Christensen, P., Biddal, H., Riecke, BF., Leeds, AR., Astrup, A and Christensen. 2011. Comparison of a low-energy diet and a very low-energy diet in sedentary obese individuals. *Clinical Obesity*, 1 (1) : 31-40.

Clark, JE. 2015. Diet, Exercise Or Diet With Exercise: Comparing The Effectiveness Of Treatment Options For Weight-Loss And Changes In Fitness For Adults (18–65 Years Old) Who Are Overfat, Or Obese; Systematic Review And Meta-Analysis. *Journal Of Diabetes and Metabolic Disorders*. 14 (1) :1-28

Di Cesare M, *et al.* Trends in adult body-mass index in 200 countries from 1975 to 2014: A pooled analysis of 1698 population-based measurement studies with 19.2 million participants. 2016. *Lancet*. 387 (2). 1377–96.

Donnelly, JE., Blair, SN., Jakicic, JM., Manore, MM., Rankin, JW and Smith, BK. 2009. Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults. *Medicine and Science in Sports and Exercise*. 41 (2) : 459-471

Egger, A. *et al.* 2013. The Effect of Aerobic Exercise on Intrahepatocellular and Intramyocellular Lipids in Healthy Subjects. *Plos One*. 8 (8) : 1-7

Gandy, JW., Madden, A and Holdsworth, M. 2014. *Gizi dan Dietetika*. 2nd edn. EGC. Jakarta

Hales, CM., Carroll, MD., Fryar, CD and Ogden, CL. 2020. Prevalence of Obesity and Severe Obesity Among Adults: United States, 2017–2018. *Cdc*. (360) : 1-7

Hall, J. 2002. *Buku Ajar Fisiologi Kedokteran*. EGC. Jakarta

Harahap, NS and Tobing, TS. 2018. Pengaruh Aktifitas Fisik Aerobik Dan Anaerobik Terhadap Jumlah Leukosit Pada Mahasiswa Ilmu Keolahragaan Universitas Negeri Medan. *Artikel Ilmiah Ilmu Keolahragaan*. 1 (2) : 24-31

Hernandez-Rayes, A., Camara-Martos, F., Romero-Saldana, M., Molino-Recio, G and Moreno-Rojas, R. 2019. Changes In Body Composition With A Hypocaloric Diet Combined With Sedentary, Moderate And High-Intense Physical Activity: A Randomized Controlled Trial. *BMC Women's Health*. 19 (1) : 1-12.

Hoffman, DJ., Toro-Ramos, T., Sawaya, AL., Roberts, SB and Rondo, P. 2012. Estimating Total Body Fat Using A Skinfold Prediction Equation In Brazilian Children. *Annals of Human Biology*. 39 (2) : 156-160

Istiant. 2014. *Gizi Terapan*. PT Remaja Rosdakarya. Bandung

- Juniarsana, IW., Wiardani, NK and Dewantari NM. 2014. Pelatihan Fisik Disertai Diet Rendah Energi Menurunkan Lemak Tubuh Pada Kegemukan. *Artikel Ilmu Gizi*. 5 (1) : 35-43
- Kargarfard, M., Shariat, A., Shaw, I., Haddadi and Shaw BS. 2017. Effects of Resistance and Aerobic Exercise Training or Education Associated with a Dietetic Program on Visfatin Concentrations and Body Composition in Overweight and Obese Women. *Asian Journal of Sports Medicine*. 8 (4) : 1-9
- Kementrian Kesehatan RI. 2017. *Panduan Pelaksanaan Gerakan Nusantara Tekan Obesitas (GENTAS)*. Jakarta
- Kementrian Kesehatan RI. 2014. *Pedoman Gizi Olahraga dan Prestasi*. Jakarta.
- Kumar, K. 2017. Importance of Healthy Life Style in Healthy Living. *Juniper Online Journal Of Public Health*. 2 (5) : 9-11
- Kusumawati, DE. 2016. Pengaruh Komposisi Tubuh Dengan Tingkat Kebugaran Fisik Pada Mahasiswa Overweight Dan Obese Di Poltekkes Kemenkes Palu Sulawesi Tengah. *Artikel Publikasi Kesehatan Masyarakat Indonesia*. 3 (1) : 32-37
- Kuswari, M., Setiawan, B and Rimbawan. 2015. Frekuensi Senam Aerobik Intensitas Sedang Berpengaruh Terhadap Lemak Tubuh Pada Mahasiswi IPB. *Artikel Gizi dan Pangan*. 10 (1) : 25-32
- Lee, MG., Park, KS., Kim, DU., Choi, SM and Kim, HJ. 2012. Effects Of High-Intensity Exercise Training On Body Composition, Abdominal Fat Loss, And Cardiorespiratory Fitness In Middle-Aged Korean Females. *Applied Physiology, Nutrition and Metabolism*. 37 (6) : 1019-1027
- Lejeune, MPM., Wasterterp, KR., Adam, TCM., Luscombe-Marsh, ND and Plantenga, MSW. 2006. Ghrelin And Glucagon-Like Peptide 1 Concentrations, 24-H Satiety, And Energy And Substrate Metabolism During A High-Protein Diet And Measured In A Respiration Chamber. *American Journal Of Clinical Nutrition*. 83 (1) : 89-94.
- Leeners B, Geary N, Tobler PN, Asarian L. 2017. Ovarian Hormones And Obesity. *Human Reproduction Update*. 23 (3) : 300–21.
- Luglio, HF. *et al*. 2017. The Effect Of Combined Aerobic And Strength Training On A Weight Loss And Metabolic Profile: Development Of An Effective Lifestyle-Based Weight Loss Program. *Topics In Clinical Nutrition*. 32 (2). 152-160
- Malin, SK., Heiston, EM., Gilbertson, NM and Eichner, NZM. 2020. Short-Term Interval Exercise Suppresses Acylated Ghrelin And Hunger During Caloric Restriction In Women With Obesity. *Physiology and Behavior*. 223.
- Mamerow, MM. *et al*. 2014. Dietary Protein Distribution Positively Influences 24-H

- Muscle Protein Synthesis In Healthy Adults. *Journal Of Nutrition*. 144 (6) : 876-880
- Marks, DB. 2000. *Biokimia Kedokteran Dasar*. EGC. Jakarta
- Martin, SM. 2014. Nutrition and Psychological Habits In People Who Practice Exercise. *Nutricion Hospitalaria*. 6 : 1324-1332
- Mendes-Netto, RS., Machado, ACSB., Chagas, BLF., Leite, MDMR., Vasconcelos, ABS., Silva, DGD and Grigoletto. 2019. Low or Adequate Carbohydrate Diet and Aerobic Exercise Decrease Cardiometabolic Risk in Overweight Women: A Randomized Controlled Clinical Trial. *International Journal of Sports and Exercise Medicine*. 5 (10) : 1-8
- Murbawani, ES. 2017. Hubungan Persen Lemak Tubuh dan Aktivitas Fisik dengan Tingkat Kesegaran Jasmani Remaja Putri. *Journal of Nutrition and Health*. 5 (2). 69-84
- Nadimin., Ayumar and Fajarwati. 2015. Obesitas Pada Orang Dewasa Anggota Keluarga Miskin Di Kecamatan Lembang Kabupaten Pinrang. *Artikel MKMI* : 9-15
- Nurkardi. 2014. Kesiambungan Energi dan Aktifitas Olahraga. Artikel Pengabdian Pada Masyarakat. 20 (75) : 2-6
- Ohkawara, K., Tanaka, S., Miyachi, M., Takata, KI and Tabata, I. 2007. A Dose-Response Relation Between Aerobic Exercise And Visceral Fat Reduction: Systematic Review Of Clinical Trials. *Journal Of Obesity*. 31 (12) : 1786-1797
- Palar, CM., Wongkar, D and Ticoalu, SHR. 2014. Manfaat Latihan Olahraga Aerobik Terhadap Kebugaran Fisik Manusia Fakultas Kedokteran Universitas Sam Ratulangi Manado. *Artikel e-Biomedik*. 3 (1) : 316-321
- Panggali, MHST and Niamila, I. 2016. Perbedaan Perubahan Lemak Tubuh Dan Berat Badan Atlet Balap Sepeda Pada Berbagai Intensitas Latihan. *Medikora*. 14 (2)
- Pesta, DH and Samuel, VT. 2014. A High-Protein Diet For Reducing Body Fat: Mechanisms And Possible Caveats. *Nutrition and Metabolism*. 11 (53):1-8
- Proverawati, Atikah. 2010. *Obesitas dan Gangguan Perilaku Makan pada Remaja*. Nuha Medika. Yogyakarta
- Puspitasari, N. 2018. Kejadian Obesitas Sentral pada Usia Dewasa. *HIGEIA (Journal of Public Health Research and Development)*. 2 (2) : 249 – 259
- Putra, WN. 2017. Hubungan Pola Makan, Aktivitas Fisik, dan Aktivitas Sedentari dengan Overweight di SMA Negeri 5 Surabaya. *Artikel Berkala Epidemiologi*. 5 (3) : 298-310

- Rankin, JW. 2015. Effective Diet and Exercise Interventions to Improve Body Composition in Obese Individuals. *American Journal of Lifestyle Medicine*. 9 (1). 48-62
- Ratminingsih, NM. 2010. Penelitian Eksperimental dalam Pembelajaran Bahasa Kedua. *PRASI*. 6 (11)
- Rathnayake, KM., Roopasingam, T and Dibley MJ. 2014. High carbohydrate diet and physical inactivity associated with central obesity among premenopausal housewives in Sri Lanka. *BMC Research Notes*. 7 (1) :1-7
- Riagustin, O. 2018. *Hubungan Asupan Energi dan Asupan Air Putih dengan Persen Lemak Tubuh Pada Remaja di SMK Hidayah Semarang*. Skripsi. Semarang : Universitas Ngudi Waluyo.
- Riskesdas. 2007. *Badan Penelitian dan Pengembangan Kesehatan, Departemen Kesehatan, Republik Indonesia*. Jakarta
- Riskesdas. 2013. *Badan Penelitian dan Pengembangan Kesehatan, Departemen Kesehatan, Republik Indonesia*. Jakarta
- Riskesdas. 2018. *Badan Penelitian dan Pengembangan Kesehatan, Departemen Kesehatan, Republik Indonesia*. Jakarta
- Rofiqoh, A. 2020. Shalat dan Kesehatan Jasmani. *Spiritualita*. 4 (1) : 65-76
- Rusyadi, S. 2018. Pola Makana dan Tingkat Aktivitas Fisik Mahasiswa dengan Berat Badan Lebih di UNY. *Artikel Pendidikan Teknik Boga* : 1-10
- Sanders, TAB. 2010. The Role Of Fat In The Diet - Quantity, Quality And Sustainability. *Nutrition Bulletin*. 35 (2) : 138 – 146
- Serwe, KM., Swartz, AM., Hart, TL and Strath, SJ. 2011. Effectiveness Of Long And Short Bout Walking On Increasing Physical Activity In Women. *Journal of Women's Health*. 20 (2). 247 – 253
- Sharkey, B. 2003. *Kebugaran dan Kesehatan*. PT Rajagrafinso. Jakarta
- Siska and Amrizal. 2020. Pengaruh Latihan Senam Aerobik Terhadap Penurunan Berat Badan, Persentase Lemak Tubuh dan Peningkatan Massa Otot. *Artikel Sporta Sainatika*. 5 (2) : 220-233
- Sonestedt, E., Roos, C., Gullberg B., Eriscon, U., Wirfalt, E and Melander, MO. 2009. Fat And Carbohydrate Intake Modify The Association Between Genetic Variation In The FTO Genotype And Obesity. *American Journal of Clinical Nutrition*. 90 (5) : 1418 – 1425
- Souza, RJD. *et al*. 2012. Effects Of 4 Weight-Loss Diets Differing In Fat, Protein, and Carbohydrate On Fat Mass, Lean Mass, Visceral Adipose Tissue, and

- Hepatic Fat: Results From The POUNDS LOST Trial. *American Journal of Clinical Nutrition*, 95 (3). 614-625
- Strasser, B., Spreitzer, A and Haber, P. 2007. Fat Loss Depends On Energy Deficit Only, Independently Of The Method For Weight Loss. *Annals Of Nutrition and Metabolism*. 51 (5). 428-432.
- Sugiyono. 2007. *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Alfabeta. Bandung
- Sugiyono. 2009. *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Alfabeta. Bandung
- Suresh, N and Reddy, RPL. Effect of Lifestyle on Body Fat Percentage and Visceral Fat in Indian Women with Above Normal Body Mass Index. *International Journal of Current Research and Review*. 9 (19) : 32-36
- Taufiq., Syam, AF., Lesmana, CR and Suwanto, S. 2017. Perbedaan Hasil Pemeriksaan Bioelectric Impedance Analysis antara Status Nutrisi Baik dan Malnutrisi pada Penderita Penyakit Gastrointestinal dan Hati yang Dirawat Inap di RSCM Tahun 2013. *Artikel Penyakit Dalam Indonesia*. 1 (2) : 108
- Thompson, D., Karpe, F., Lafontan, M., Frayn, K. 2012. Physical Activity And Exercise In The Regulation Of Human Adipose Tissue Physiology. *Physiological Reviews*. 92 (1) : 157-191
- US Department of Agriculture and US Department of Health and Human Services. 2010. *Dietary Guidelines for Americans*.. 7th ed. US Government Printing Office. Washington, DC
- Vinknes, KJ. *et al*. 2011. Dietary Intake Of Protein Is Positively Associated With Percent Body Fat In Middle-Aged And Older Adults. *Journal Of Nutrition*. 141 (3) : 440-446
- Wahyuningsih, R and Handayani, LR. 2017. Pengaruh Diet Rendah Energi Seimbang Teratur (REST) dan Senam Kreasi dengan Unsur Sasak (Tari Rudat) Untuk Menurunkan Berat Badan Pada Mahasiswa Kelebihan Berat Badan Di Politeknik Kesehatan Mataram. *Artikel Akademi Kebidanan Jember*. 1 : 44-52
- WHO. 2000. Obesity. Diakses : 19 Januari 2021. https://www.who.int/health-topics/obesity#tab=tab_1
- WHO. 2017. Global Health Observatory (GHO) data. Diakses : 28 Oktober 2020. https://www.who.int/gho/ncd/risk_factors/overweight/en/
- WHO 2018. *Fact Sheet Non-Communicable Disease*. Diakses 28 Oktober 2020, <https://www.who.int/en/news-room/fact-sheets/detail/noncommunicablediseases>.

- Widiantini, W and Tafal, Z. 2014. Aktivitas Fisik, Stres, dan Obesitas pada Pegawai Negeri Sipil. *Artikel Kesehatan Masyarakat Nasional*. (4) : 325
- Wijayanti, DN., Sukmaningtyas, H., Fitranti, DY. 2018. Kesesuaian Metode Pengukuran Persen Lemak Tubuh *Skinold Caliper* dengan metode *Bioelectrical Impedance Analysis*. *Artikel Kedokteran Diponegoro*. 7 (2) :1504-1510
- Willis, LH., Slentz, CA., Bateman, LA., Shields, AT., Piner, LW., Bales, CW., Houmard, JA and Kraus WE. 2012. Effects Of Aerobic And/Or Resistance Training On Body Mass And Fat Mass In Overweight Or Obese Adults. *Journal of Applied Physiology*. 113 (12) : 1831-1837
- Wolinsky, I and Driskell, JA. 200. Sport Nutrition : *Energy Metabolism and Exercise*. Inggris
- Wu, S., Park, KS and McCormick, JB. 2017. Effects of Exercise Training on Fat Loss and Lean Mass Gain in Mexican-American and Korean Premenopausal Women. *International Journal of Endocrinology*.