



Menuju Hidup yang Bugar

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Highlight

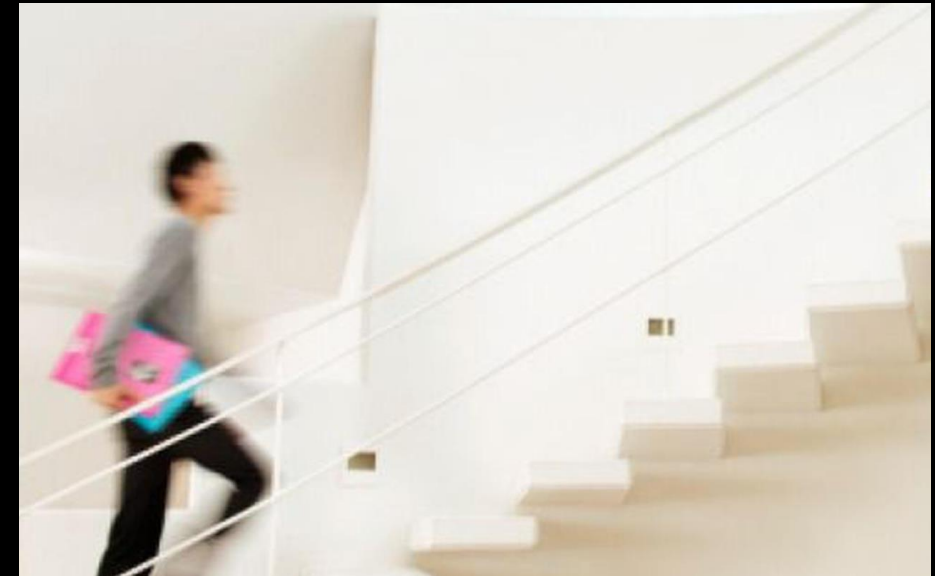
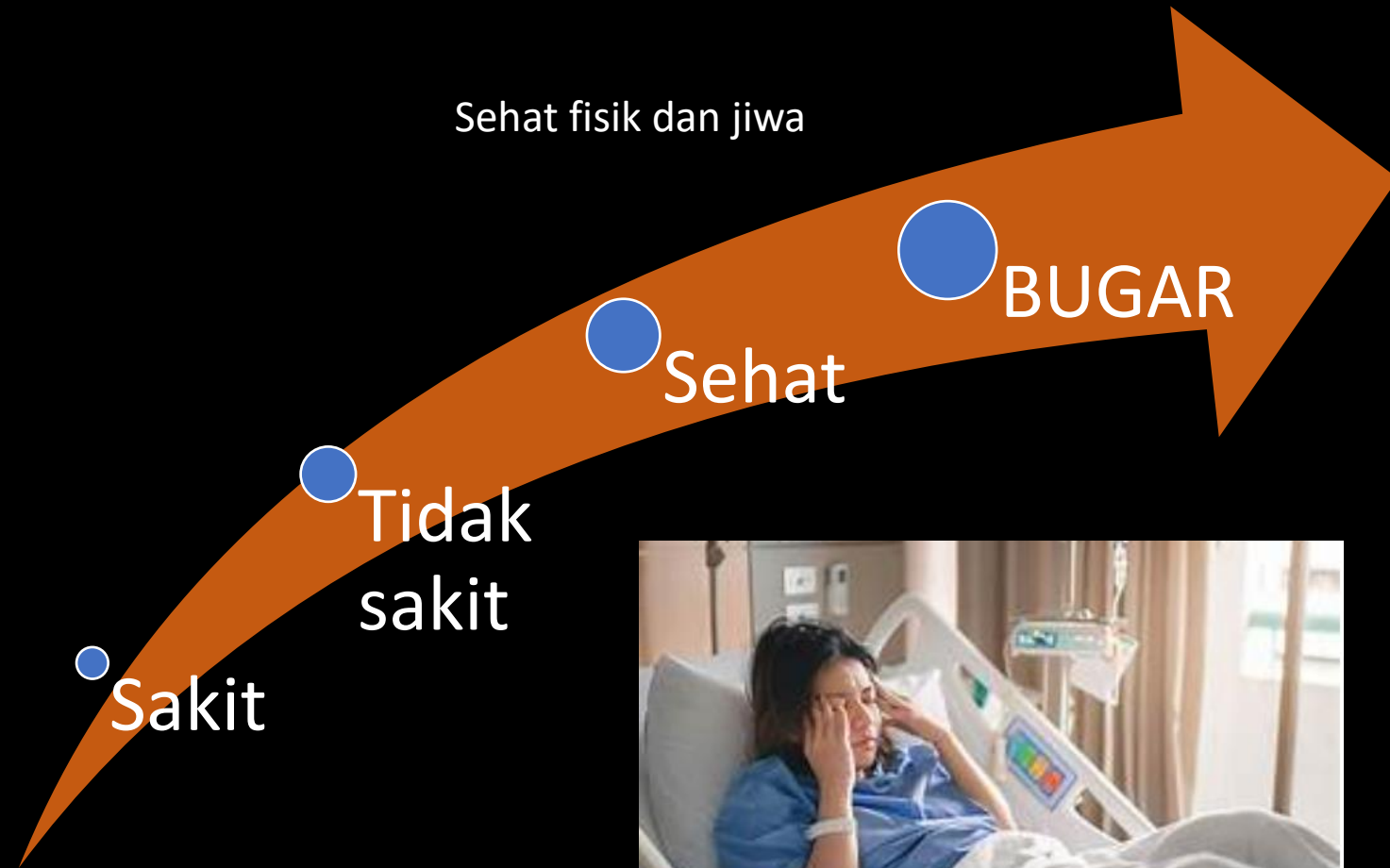
- Apa itu **kebugaran**?
- **Penyakit** terbanyak di Indonesia
- **Penyebab, faktor risiko dan gejala** penyakit degeneratif
- **Pola hidup**: Pola makan, aktivitas fisik, olahraga, pengelolaan stress
- **Menu makan** seimbang

Apa itu hidup sehat?

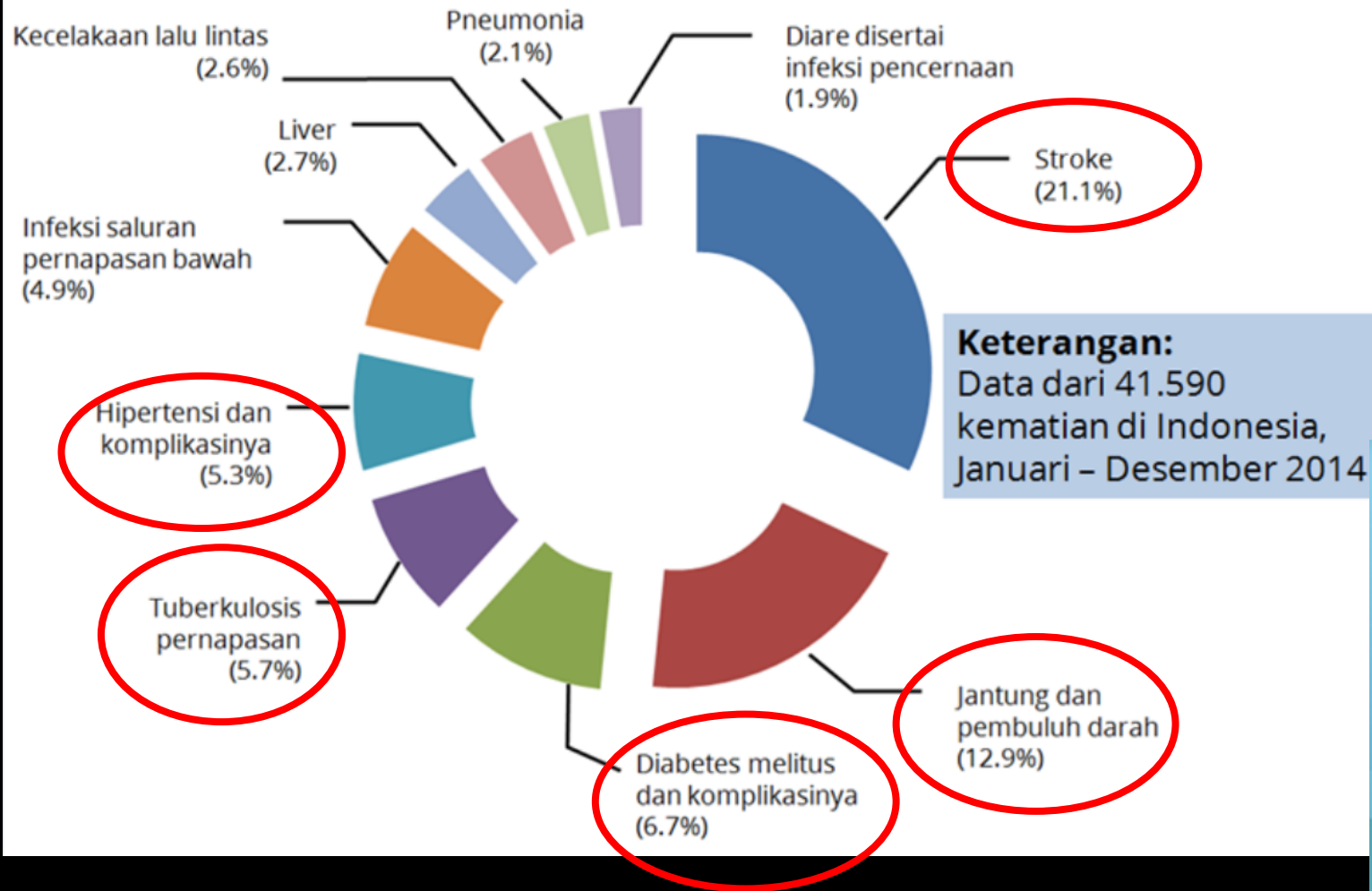


Apa itu kebugaran?

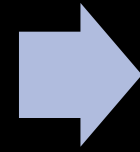
Sehat fisik dan jiwa



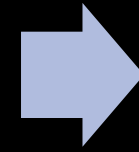
10 Penyebab Kematian Tertinggi di Indonesia 2014



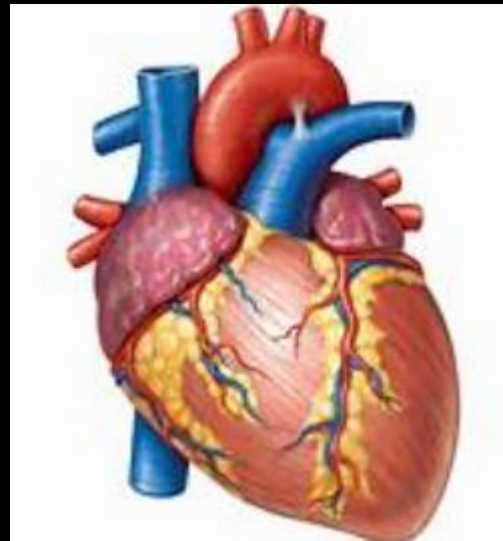
Penyakit
degeneratif



Penurunan
fungsi



Hilang
fungsi



Gejala umum



(-)
→ Sakit kepala berat,
penglihatan kabur, nyeri dada,
sesak
→ Pingsan, koma

-Haus
-Lapar
-BAK>>
→ Saraf

-Nyeri dada
- Sesak nafas
- Pingsan
-Keringat dingin

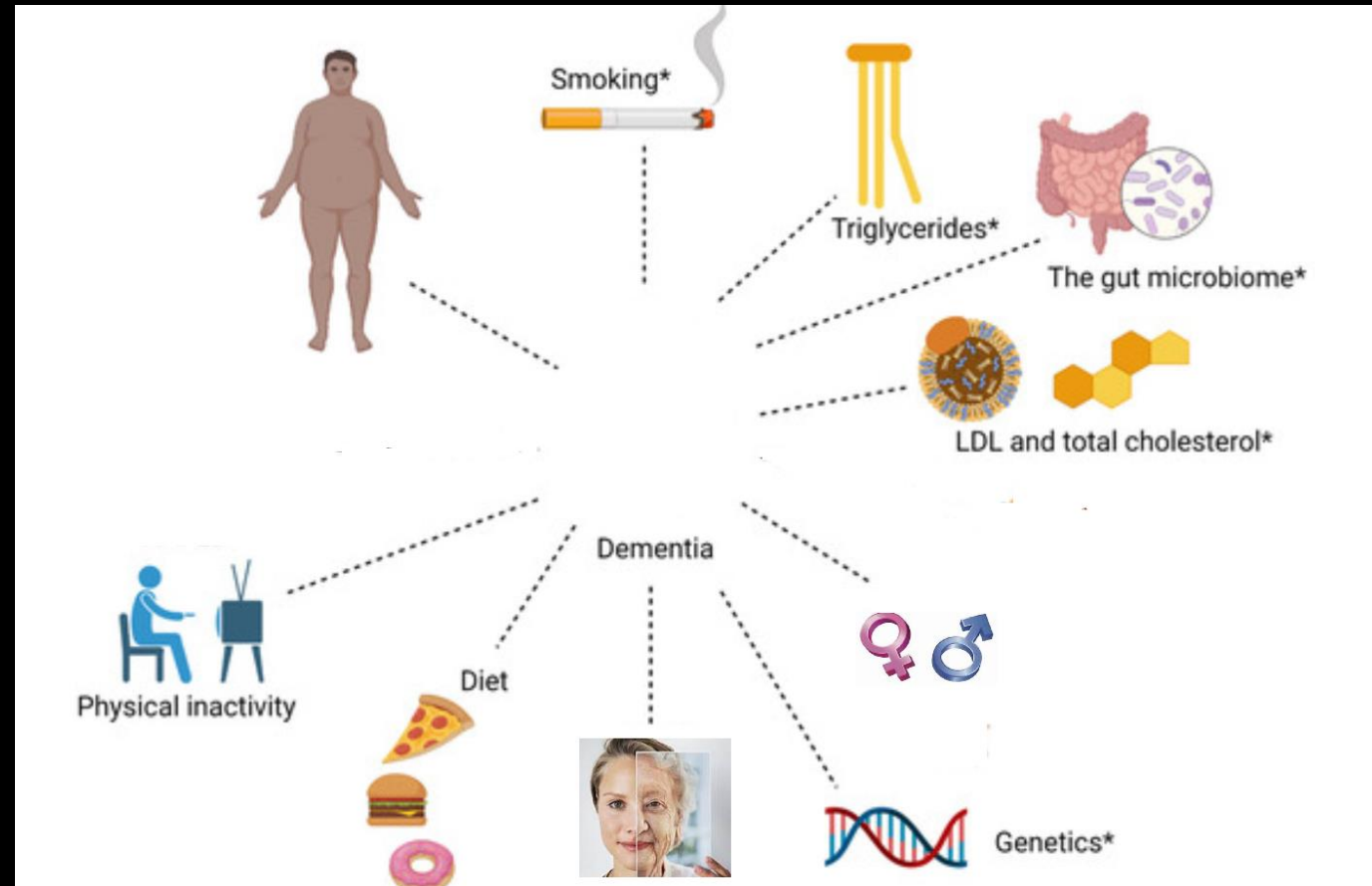
-Nyeri
-Kaku
-Gerak terbatas
- Bengkak

- Penurunan daya ingat
-Gangguan aktivitas
- Perubahan perilaku

Penyebab dan faktor risiko penyakit degeneratif

Multifaktorial:

- Penuaan
 - Genetik
 - Oksidatif stress kronik
 - Neuroinflamasi
 - Neurotoksisitas
 - Kematian sel
- Lingkungan
 - Pola hidup



POLA HIDUP



Olahraga



Kelola stress



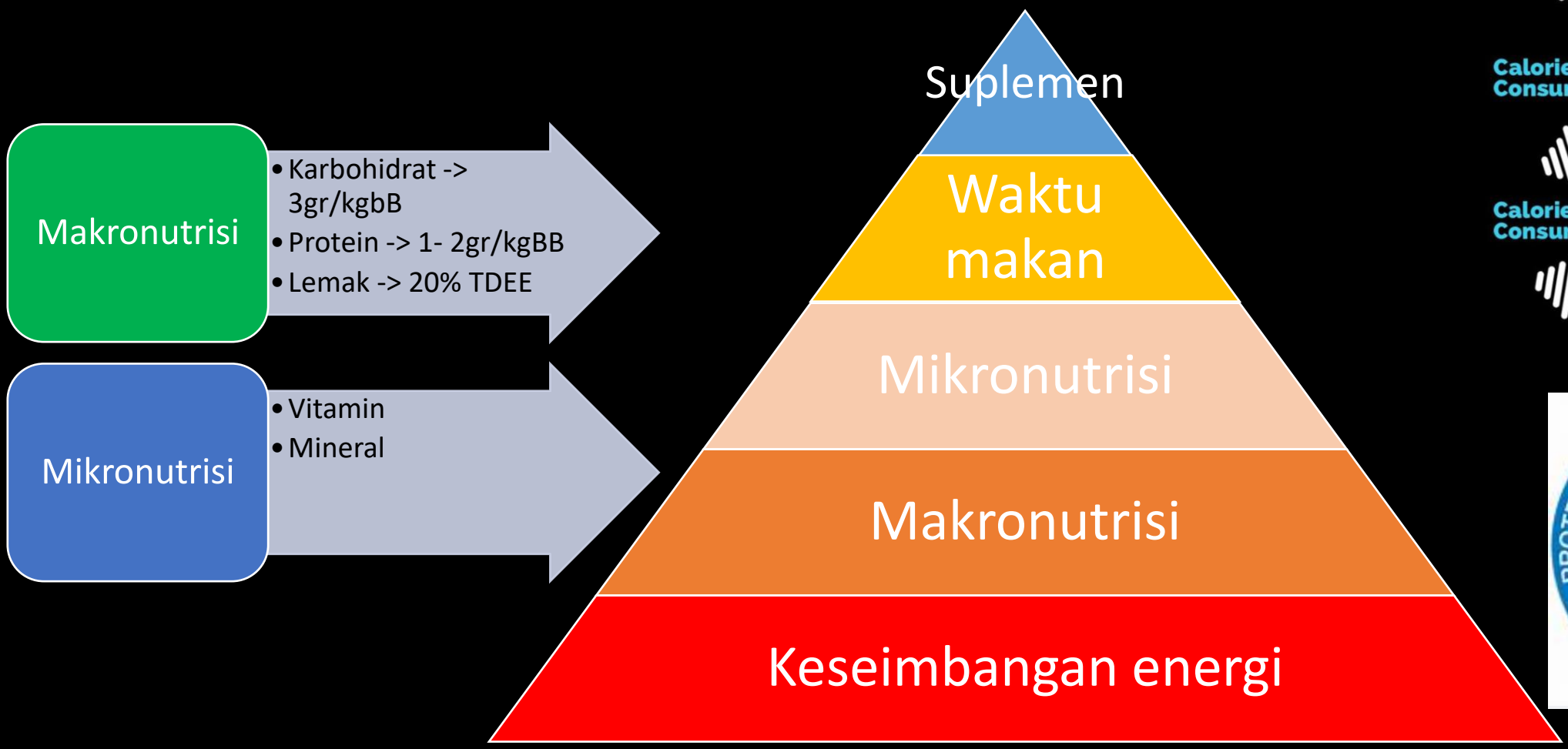
Aktivitas fisik,
kebiasaan



Pola makan

Energy **BALANCE**

Pola makan sehat



Menu makan

www.calculator.net › tdee ▾

TDEE Calculator ✓

TDEE Calculator

[Print](#)

This calculator can be used to estimate your Total Daily Energy Expenditure (TDEE).



Modify the values and click the Calculate button to use

US Units

Metric Units

Other Units

Age ages 18 - 80

Gender male female

Height cm

Weight kg

Activity ▾

Basal Metabolic Rate (BMR)

Sedentary: little or no exercise

Light: exercise 1-3 times/week

Moderate: exercise 4-5 times/week

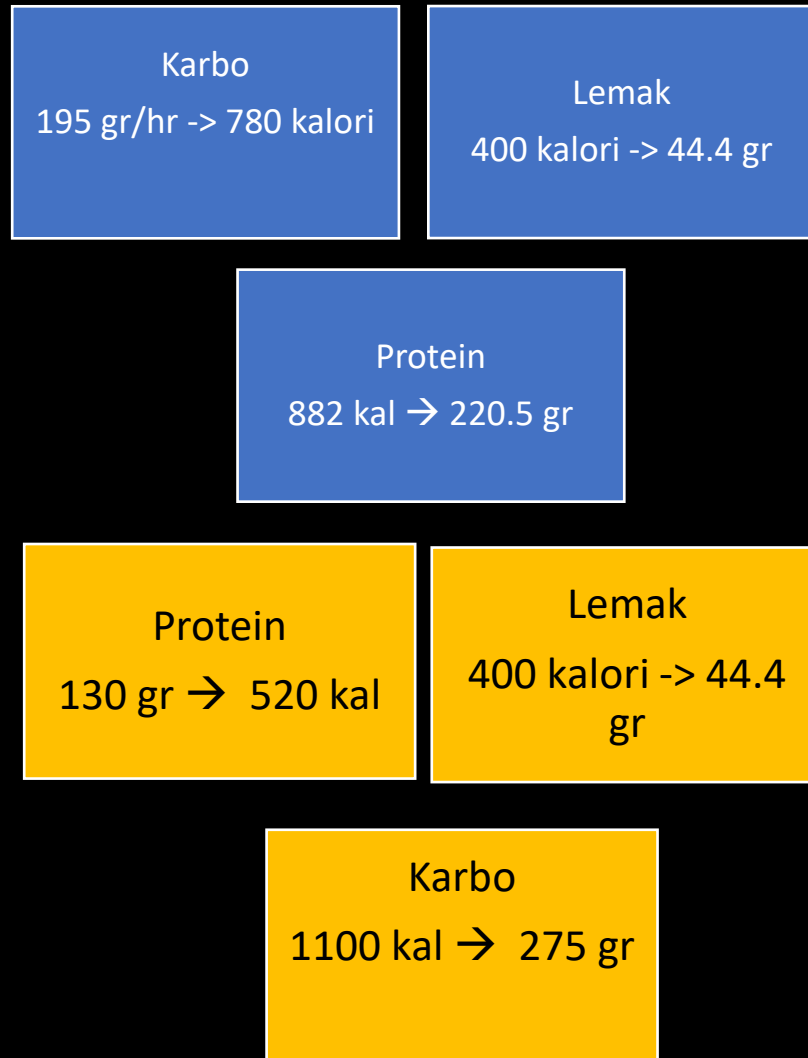
Active: daily exercise or intense exercise 3-4 times/week

Very Active: intense exercise 6-7 times/week

Extra Active: very intense exercise daily, or physical job

- Exercise
- Intense
- Very intense

Menu makan



The estimated TDEE or body weight maintenance energy requirement is **2,062** Calories per day.

BMI Score: 21.2 kg/m² (Normal), Healthy BMI Range: 18.5 - 25 kg/m²

Energy intake to lose weight:

Mild weight loss 0.25 kg/week	1,812 88% Calories/day
Weight loss 0.5 kg/week	1,562 76% Calories/day

Please consult with a doctor when losing 1 kg or more per week since it requires that you consume less than the minimum recommendation of 1,200 calories a day.

Energy intake to gain weight:

Mild weight gain 0.25 kg/week	2,312 112% Calories/day
Weight gain 0.5 kg/week	2,562 124% Calories/day
Fast Weight gain	3,062 148%

Menu makan

40-50 % karbo
30-40 % protein
20% lemak



Menu makan

Pagi

- Roti, telur, papaya/ bubur ayam, telur

Siang

- Nasi putih & merah, tahu & tempe goreng, bayam
- Nasi, gado-gado, telur

Snack

- Pisang, telur

Malam

- Nasi putih, ayam bakar, kangkung

Aktivitas fisik

Pentingnya **aktif gerak** → **PULUHAN MANFAAT**

1. **Jalan** -> KEMENKES 7500 Langkah/hr

→ setelah makan pagi, siang, malam @1000 → 3000

→ ke kantor, pulang kantor → 2000

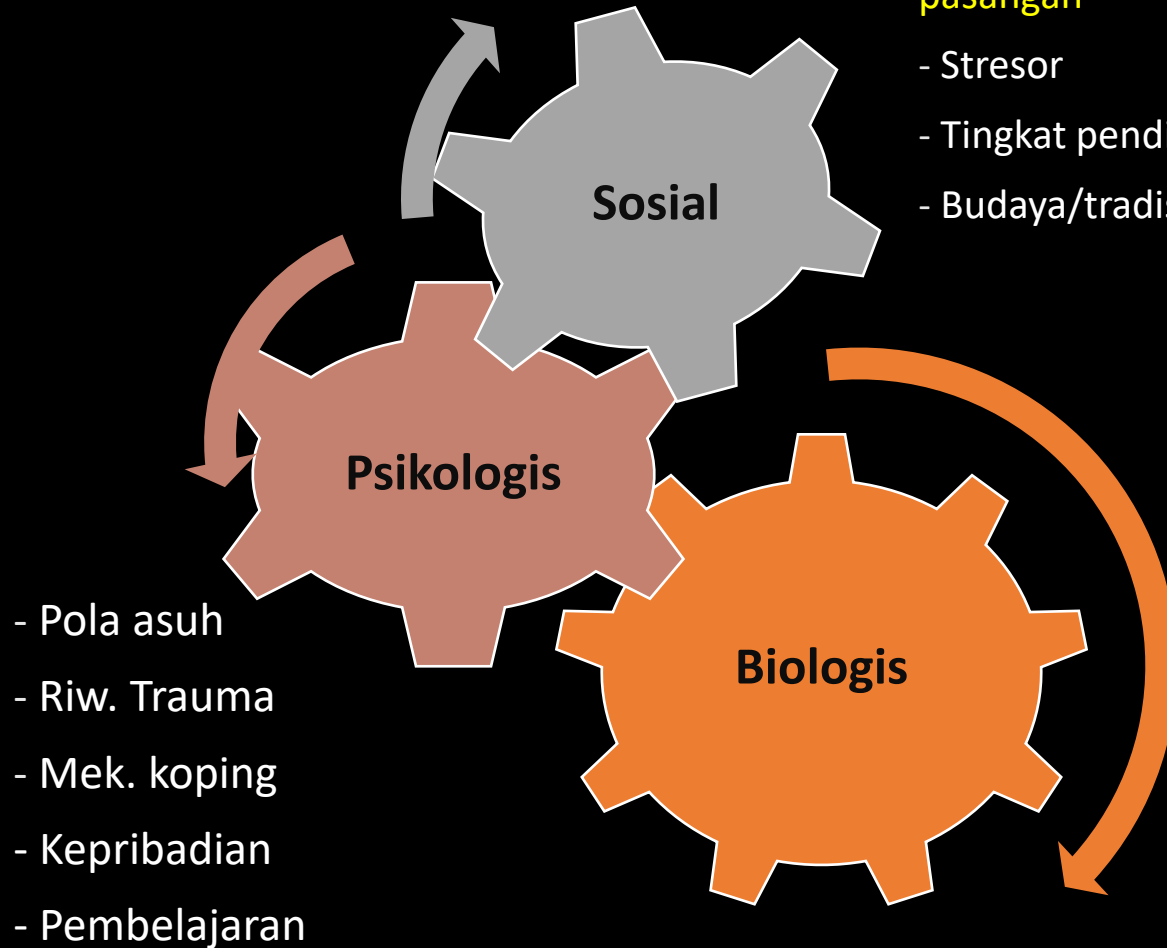
→ + 2500 → Naik-turun tangga, ke warung, dll

2. **Cuci** motor, mobil

3. **Bebersih** rumah, berkebun

4. **Main** sama anak

Pengelolaan stress



- Dukungan keluarga, teman, pasangan
- Stresor
- Tingkat pendidikan, sos-ek <<
- Budaya/tradisi

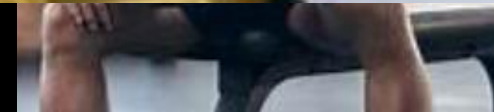


- Usia muda
- NAPZA⁶
- Penyakit fisik tertentu
- Zat kimia



Pengelolaan stress

Psikologis → di rumah, dimana saja.



Olahraga

F

- **Frekuensi** → 150 mnt kardio + 2x WT/minggu → 3-5x/minggu

I

- **Intensitas** → 75-85% optimal
- >>>> → jantung paru

T

- **Time** → singkat/sedang/panjang

T

- **Type** -> Aerobik, interval, sirkuit, fartlek

EFFORT		PURPOSE		
MAXIMUM INTENSITY	90-100%		COMPETITION AND MAXIMAL TESTING.	171-190
VIGOROUS INTENSITY	80-90%		IMPROVES ANAEROBIC AND AEROBIC FITNESS, INTERVAL TRAINING AND TEMPO TRAINING.	152-170
MODERATE INTENSITY	70-80%		IMPROVES AEROBIC FITNESS, CONTINUOUS, AND STEADY STATE TRAINING.	133-151
LIGHT INTENSITY	60-70%		BUILDS ENDURANCE AND LONG SLOW DISTANCE (LSD) TRAINING.	114-132
VERY LIGHT INTENSITY	50-60%		RECOVERY, WARMING UP AND COOLING DOWN.	95-113

220 – usia = 100%

220 – 30 = 190 (100%)

Kesehatan bukanlah segalanya, tetapi tanpa kesehatan, segalanya menjadi tidak berarti
- Arthur Schopenhauer-

If we don't use it, we lose it