



# Menuju Hidup yang Bugar

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# Highlight

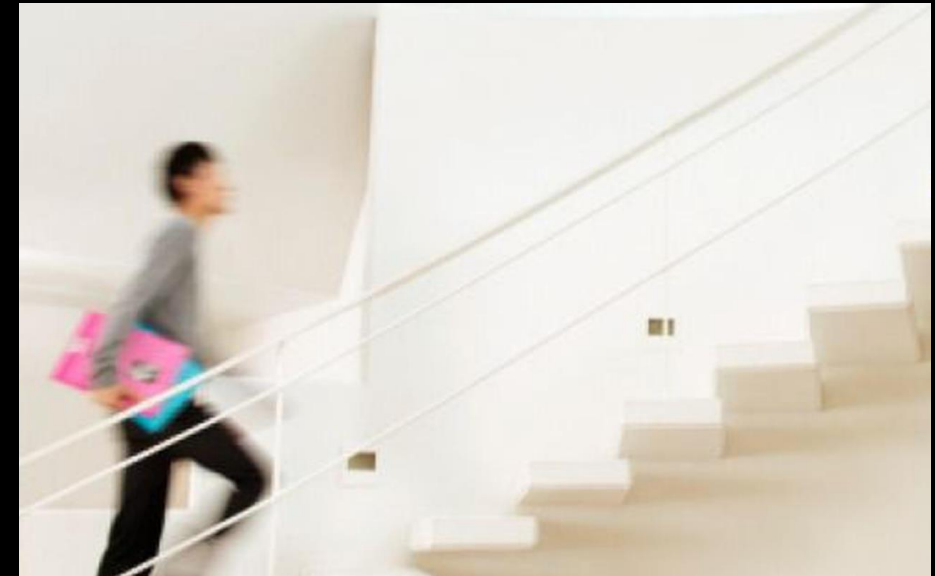
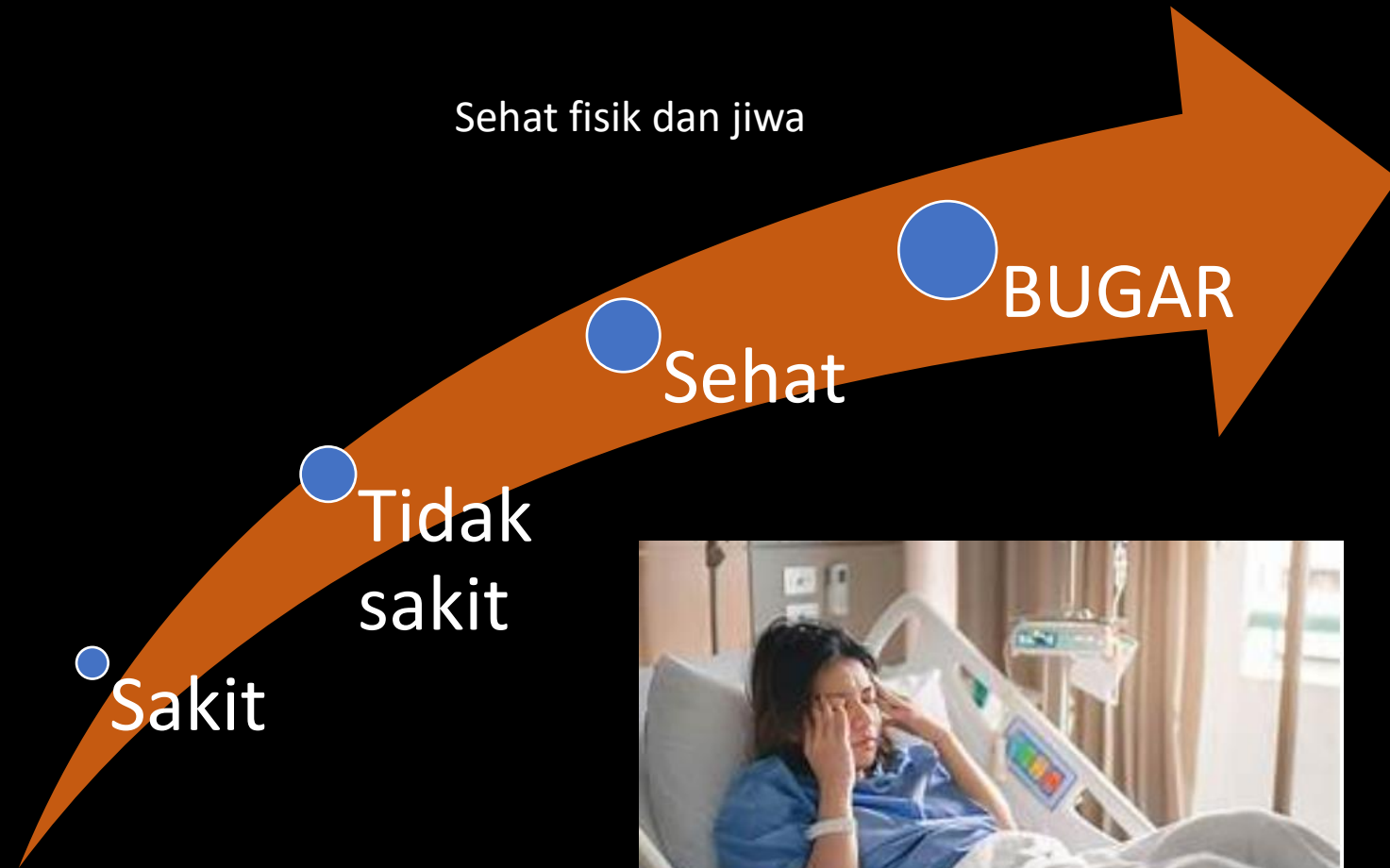
- Apa itu **kebugaran**?
- **Penyakit** terbanyak di Indonesia
- **Penyebab, faktor risiko dan gejala** penyakit degeneratif
- **Pola hidup**: Pola makan, aktivitas fisik, olahraga, pengelolaan stress
- **Menu makan** seimbang

# Apa itu hidup sehat?

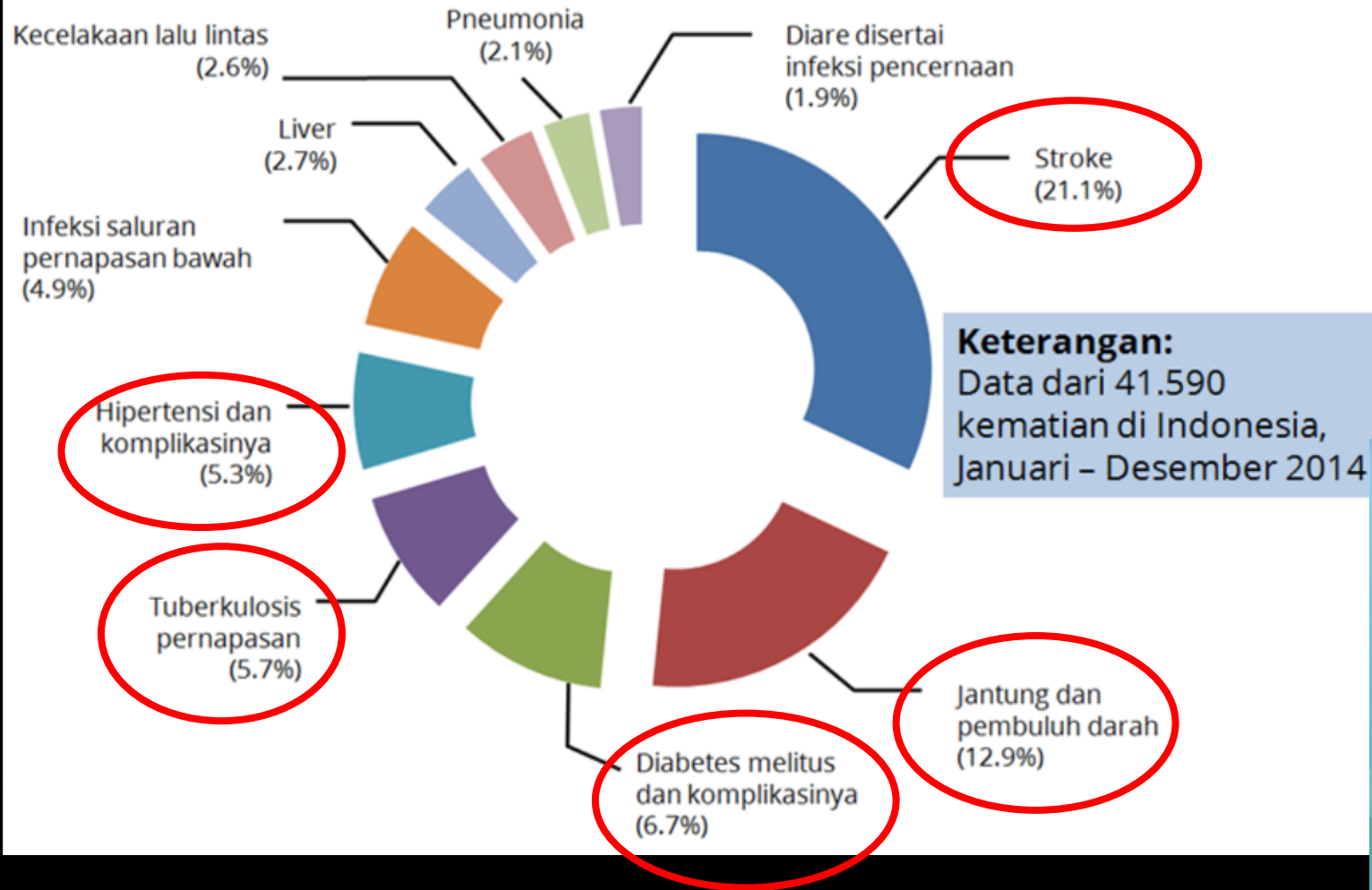


# Apa itu kebugaran?

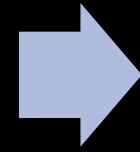
Sehat fisik dan jiwa



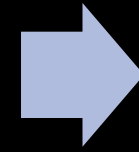
# 10 Penyebab Kematian Tertinggi di Indonesia 2014



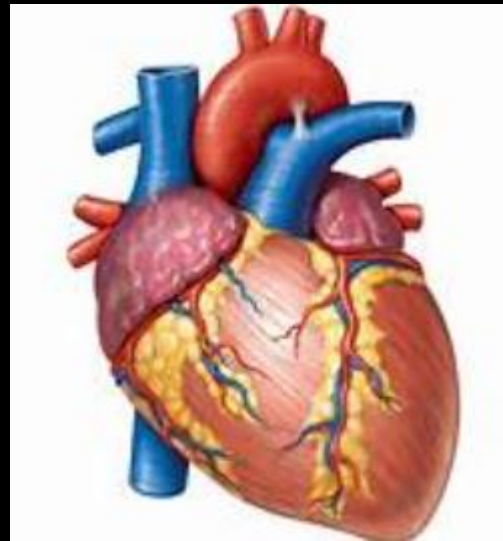
Penyakit  
degeneratif



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

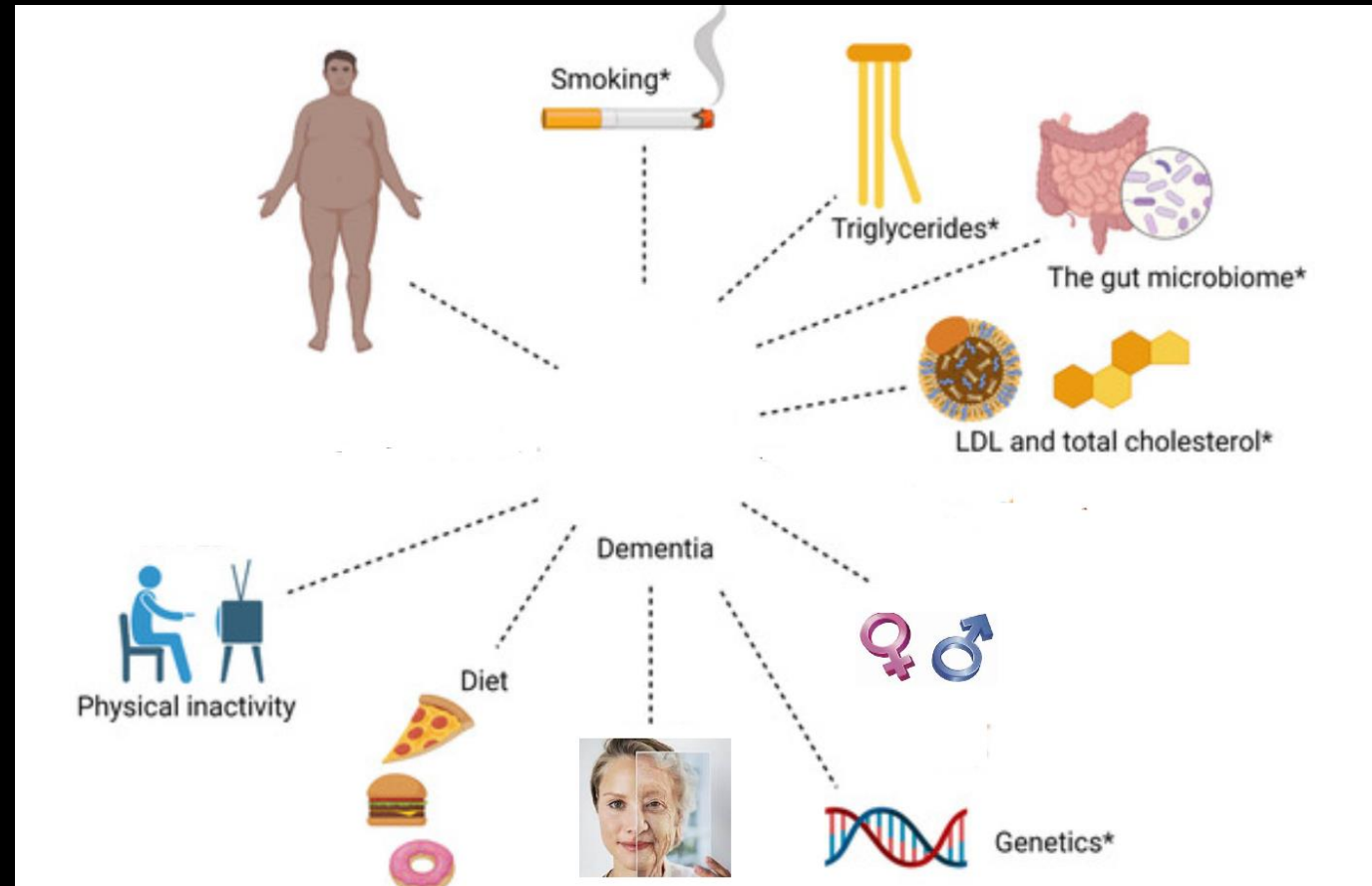
-Nyeri  
-Kaku  
-Gerak terbatas  
- Bengkak

- 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

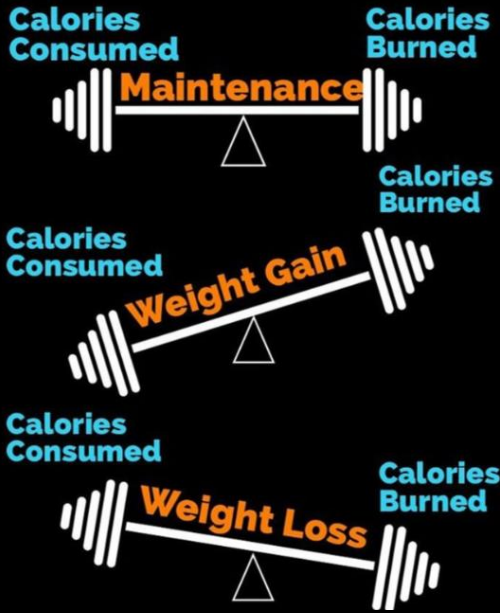


Aktivitas fisik,  
kebiasaan

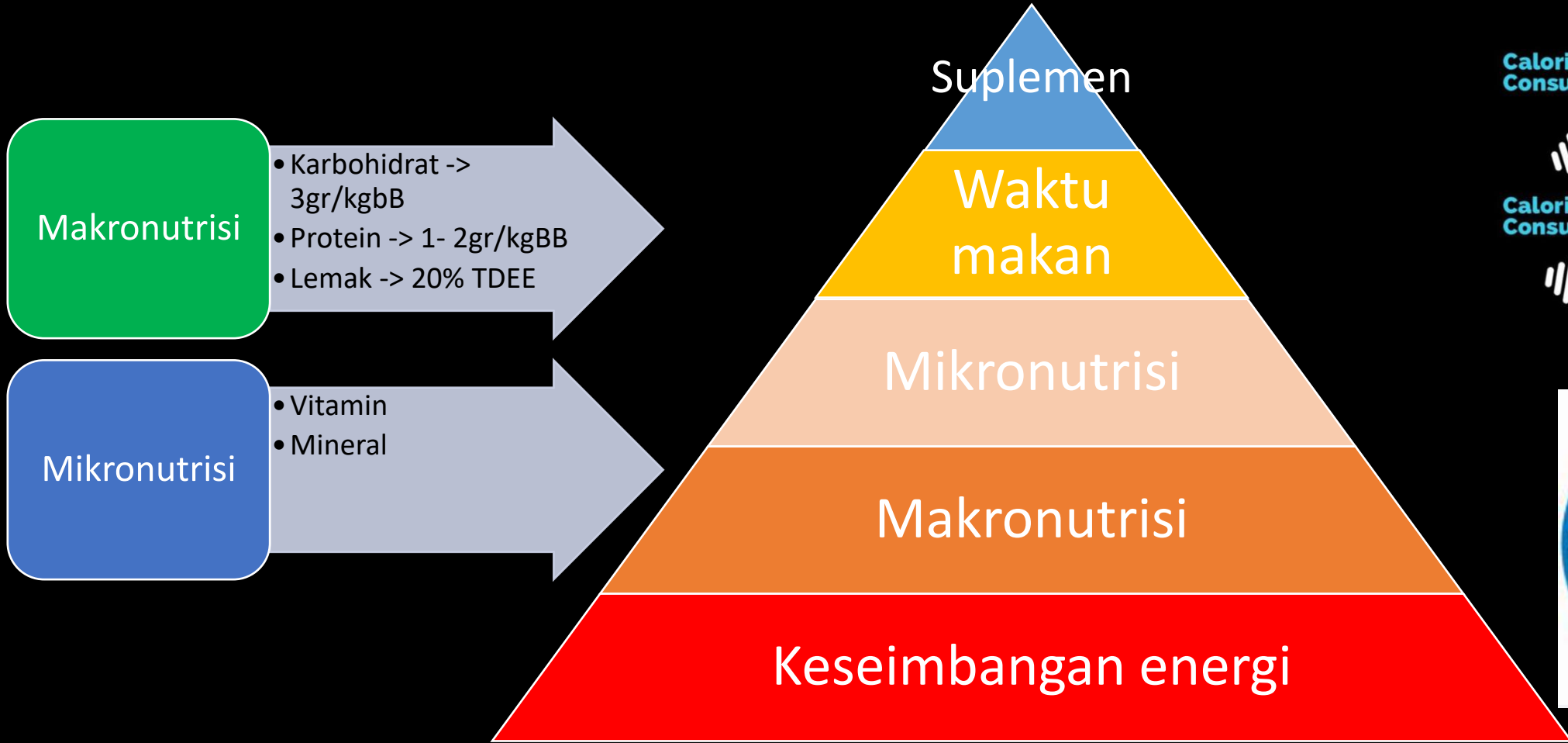


Pola makan

# 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

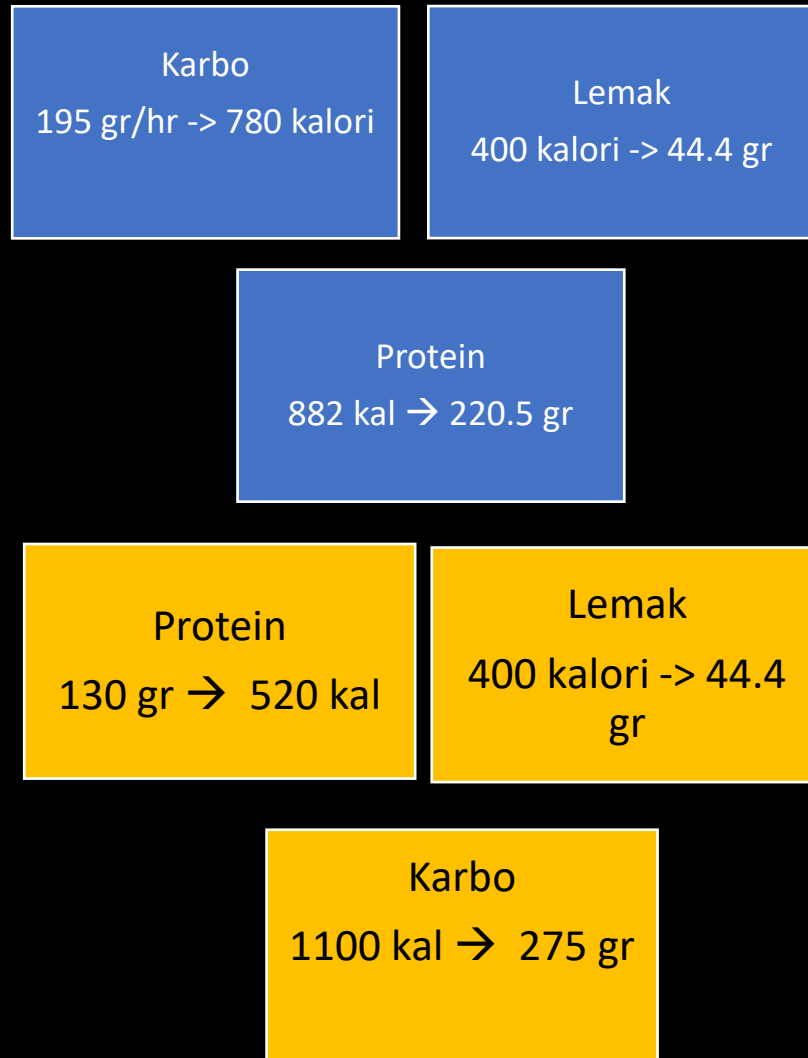
Active: daily exercise or intense exercise 3-4 times/week

Very Active: intense exercise 6-7 times/week

Extra Active: very intense exercise daily, or physical job

- Exercise
- Intense
- Very int

# Menu makan



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

BMI Score: 21.2 kg/m<sup>2</sup> (Normal), Healthy BMI Range: 18.5 - 25 kg/m<sup>2</sup>

## Energy intake to lose weight:

Mild weight loss 0.25 kg/week	<b>1,812</b> 88% Calories/day
Weight loss 0.5 kg/week	<b>1,562</b> 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	<b>2,312</b> 112% Calories/day
Weight gain 0.5 kg/week	<b>2,562</b> 124% Calories/day
Fast Weight gain	<b>3,062</b> 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

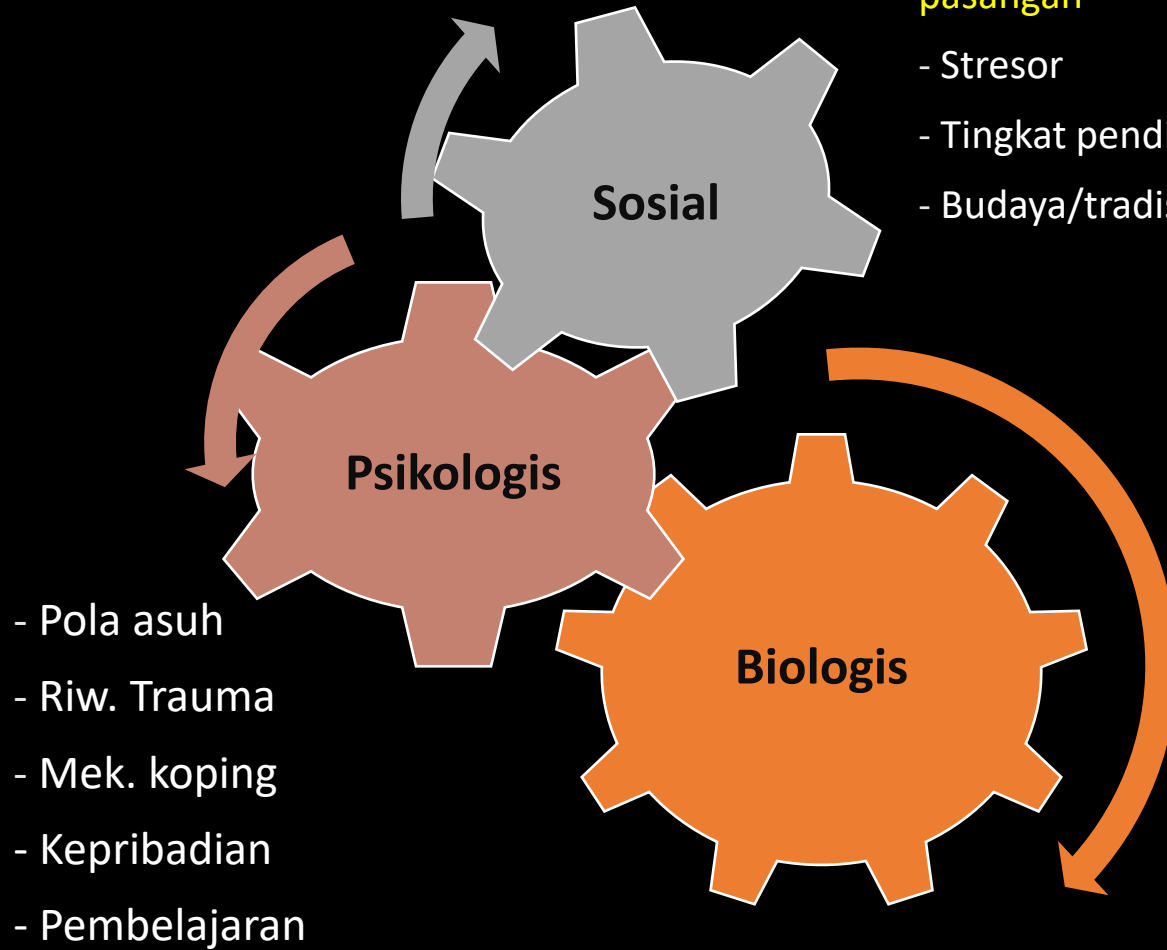
→ + 2500 → Naik-turun tangga, ke warung, dll

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



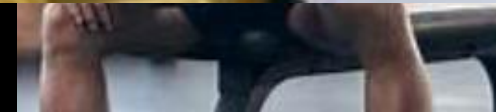
- Usia muda
- NAPZA<sup>6</sup>
- Penyakit fisik tertentu
- Zat kimia





# 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