

PREPARATION TRAINING PROGRAM WEIGHT REDUCTION POLICE MEMBERS FOR DIY

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ABSTRACT

Abstract

At this time the ideal body shape, especially the new members of the Indonesian National Police become a serious concern in various print and electronic media. This is because the police has the function of law enforcement in ensuring national security and defense system. So it can not be denied that a police officer should ideally have the ideal posture, because the ideal posture policeman would look more authoritative. That phenomenon is the basis for us to implement the Community Services on Penururnan Preparation Training Program Weight Training for police officers, especially in Polda DIY.

PPM program with the theme Preparation Training Program For Weight Loss Members DIY Police Police aims to introduce weight loss exercise program to Anggita Police Yogyakarta police who have excess weight so that his hopes after this training each participant can draw up and implement a program of this exercise.

The results of activities in implementing weight loss exercise program both in theory and practice is gaining high appreciation of Polda DIY and participants are characterized by enthusiasm and spirit of the participants in the training given from the beginning to the end of the activity. This activity is expected that all members of Polda DIY overweight capable of formulating and implementing a weight loss exercise program that is safe so it can be beneficial to himself and another member.

Kata Kunci: *weight loss program, members of the Police*