

# DISSEMINATION AND IMPLEMENTATION OF PHYSICAL TRAINING AND SPORTS GAME ON OBESSE COMMUNITY

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## ABSTRACT

PPM aims to to mensosialisaikan and mengimplemntasikan exercise condition of physical and sports games against obesity. In addition to adding a reference to the audience to try the pattern of healthy living with exercise. This outreach will provide a very broad manfaat will impact of obesity and the results of the exercises the physical and sports game that will have an impact on obesity. In General, obesity is becoming a huge problem in developing countries and developed countries, because of the pattern of life and patterns of komsumsi foods that are less well. The main target audience of this is the PPM obesity, physical condition of the coach and the General klayak

Kata Kunci: *Sosialidasi, implementation, physical condition, sports game, obesity*