

**Effect of low-moderate intensity exercise against body weight, Body Fat, Visceral, BMR, Body Age, Whole subject, Trunck, ARM, Leg, Skele Whole Body in obese sufferers**

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ABSTRACT

This research aims to determine the influence of low-moderate intensity exercise against weight loss, Body Fat, Visceral, BMR, Body Age, Whole subject, Trunck, ARM, Leg, Whole Body Skele in obese sufferers. which can be used to add A reference for audiences to try a healthy lifestyle by exercising.

This study used experimental methods using one group that obtained treatment, then given tests and measurements to determine the body's response to obesity. Measuring body composition include: weight, body fat, visceral, BMR, body age, subject whole, Trunck, arm, leg, skele whole body

Kata Kunci: *Low intensity, moderate intensity, body composition*