

# STRENGTH CONDITION AND DIETARY TRAINING FOR THE OBESITY COMMUNITY

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## ABSTRACT

The Program Pengabdian Masyarakat (PPM) aims to provide material about the conditions and dietary for obese sufferers and managers of sports activities that accommodate obese people. This activity is expected to overcome the problem of obesity.

The target audience for Program Pengabdian Masyarakat (PPM) is obese sufferers, and fitness instructors in the fitness center in the Special Region of Yogyakarta. The number of participants involved in this activity were 34 people. The training method of this activity is to use a theoretical approach consisting of presentation material, discussion and question and answer. Presentation material on strength condition and dietary training for the obese community. Practical approach by practicing directly in the field (lab physical condition and out door). The training activity was held on 24-25 August 2018. The venue was held at the GOR UNY Meeting Room, FIK UNY Athletic Stadium and laboratory physical condition of FIK UNY. Carried out from 09.00 until 16.00.

From the results of the PPM it was found that participants gained knowledge and refreshed how to manage obesity with strength condition and dietary. Based on a trial conducted by obese sufferers participants also felt the positive effects of strength condition programs carried out. These results indicate that PPM participants react positively to PM activities that have already been carried out. The PPM material that was carried out was in accordance with the needs of obese people.

Kata Kunci: *strength condition, dietary, obesity*