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Genaes aktyvovoc fizychna mental
hypertension heart cancer children cigna
health obesity physical activity
physiotherapy pregnancy
prevention public health quality of life
rehabilitation sport stress stroke
survey zshovnuva idovnuva zachovanie
opima

#6441 REVIEW

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Authors: [Mia Ido Septian, Wira Kusbarani](#)

Title: [The Effect Of Mayo And Keto Diet and Physical Activities Toward Weight, Abdominal Circumference and Fat](#)

Section: [Research Articles](#)

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Editor Version: [None](#)

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6441/239-69 Mis Ido Septian <idooyoan@gmail.com> **Manuscript JoEHaS IKF
WKFZIT UKW.**

Decision Editor Journal of Education, Health and Sport is Accept.

Dzień dobry. Szanowni Państwo.

Published without payment.

Septian, M., & Kushartanti, W. (2019). The Effect Of Mayo And Keto Diet and Physical Activities Toward Weight, Abdominal Circumference and Fat Thickness Reduction. *Journal of Education, Health and Sport*, 9(1), 11-20. doi:<http://dx.doi.org/10.5281/zenodo.2531921>

Pozdrawiam.

Z Poważaniem,

Walery Żukow.

Journal of Education, Health and Sport

eISSN 2391-8306

The journal has had 7 points in Ministry of Science and Higher Education parametric evaluation. Part B item 1223 (26/01/2017).
1223 Journal of Education, Health and Sport eISSN 2391-8306 7

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The authors declare that there is no conflict of interests regarding the publication of this paper.

Received: 20.12.2018. Revised: 20.12.2018. Accepted: 04.01.2019.

The Effect Of Mayo And Keto Diet and Physical Activities Toward Weight, Abdominal Circumference and Fat Thickness Reduction

Mis Ido Septian¹, Wara Kushartanti²

Abstract

Aim: The aim of this research was for knowing and testing: 1) weight reduction after done the diet for 13 days; 2) the effect of mayo and keto diet towards consumer's physical activity; and 3) interaction between diet and physical activities.

Methods: The reseach method that used is experimental with the use of 2x3 factorial design. Sample for this research was whole population which is 30 people of dandelion catering consumer, starting from junior high school students to house wives. The instrument used for measuring abdominal circumference was meter, for measuring weight was scale, and for measuring the fat thickness used *skinfold*. Analysis of this research was using ANOVA two paths with the score of significant level $\alpha = 0,05$.

Results: The result of this research is: 1) The effect of keto and mayo diet towards weight, waist circumference, and fat thickness reduction, in significant level of $< \alpha 0,05$; 2) diet effect (mayo and keto) and physical activity toward weight, waist circumference, and fat thickness reduction, in sigificant score for weight $0.706 > \alpha 0,05$, for waist circumference $0.631 > \alpha 0,05$, and for fat thickness $.710 > \alpha 0,05$.

Conclusion: The conclusion towards this reserach was: 1) there was a significant different effect between keto and mayo diet towards weight, waist circumference, and fat thickness reduction; 2) there was no different significant effect between diet (mayo and keto) and physical activity towards weight, waist circumference, and fat thickness reduction; and 3) there was no interaction between diet (keto and mayo) and activitiy (light, medium, high) towards weight, waist circumference, and fat thickness reduction.

Keywords

*diet keto,
mayo,
weight,
waist circumference,
fat thickness*

INTRODUCTION

Human Body needs complete food supply so that it can get energy source for everyday activities. Human's energy source comes from carbohydrate, fat, and protein. Carbohydrate becomes the main energy source within the body, then carbohydrate break down into a sugar which is becoming the energy source for our body. Body needs carbohydrate in a specific portion. When there is too much carbohydrate enters the body then not all carbohydrate turned into energy source by the body. The amount of the carbohydrate which is enters the body will turn into fat and heaped up within the body. This heaped up if happen continuously will result in various disruption such as obesity and diabetes

Life style changes as a society that direct onto the modern habit. Along with a change, dietary habits also change. That food commonly has high calory because contain so much fat. This thing becomes characteristic of human life habit with foods that contain high calory

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