

NARASUMBER  
HEALTH TALK BAGI KARYAWAN, PENSIUNAN DAN KELUARGA PT TELKOM

Semarang, 24 April 2018

**SUKSES DAN BAHAGIA MELALUI AKTIVITAS FISIK  
DAN POLA PIKIR SEHAT**



Oleh

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# SUKSES DAN BAHAGIA MELALUI AKTIVITAS FISIK DAN POLA PIKIR SEHAT

dr. Muhammad Ikhwan Zein, Sp.KO



# Wellness: The New Health Goal

- Wellness = Kesehatan dan vitalitas yang optimal
- Multi dimensi
  - Fisik
  - Mental, emosi dan spiritual
  - Interpersonal dan sosial



# Wellness Continuum

Low level  
of wellness

Physical, mental,  
emotional symptoms

Change  
and growth

High level  
of wellness

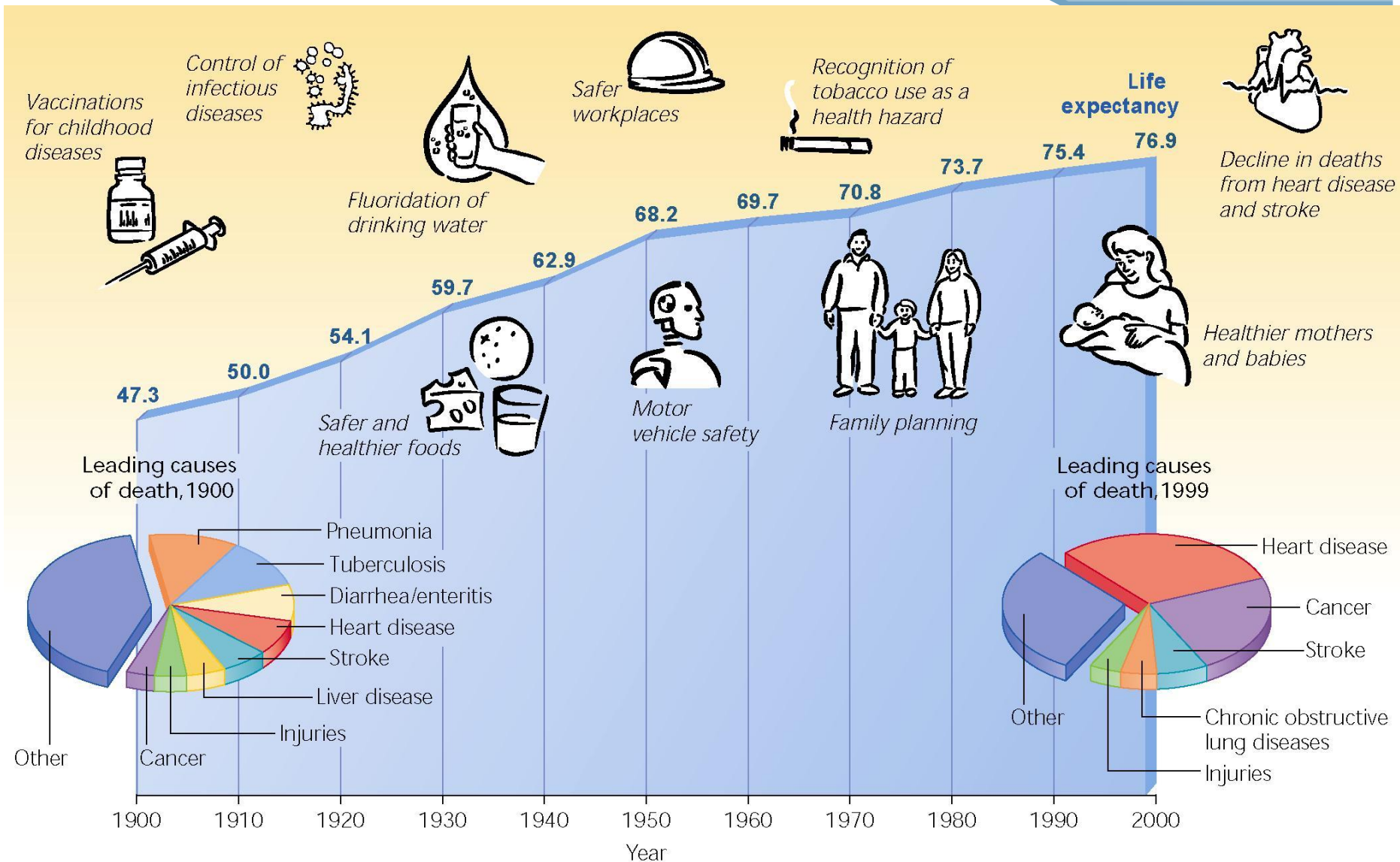


Malaise

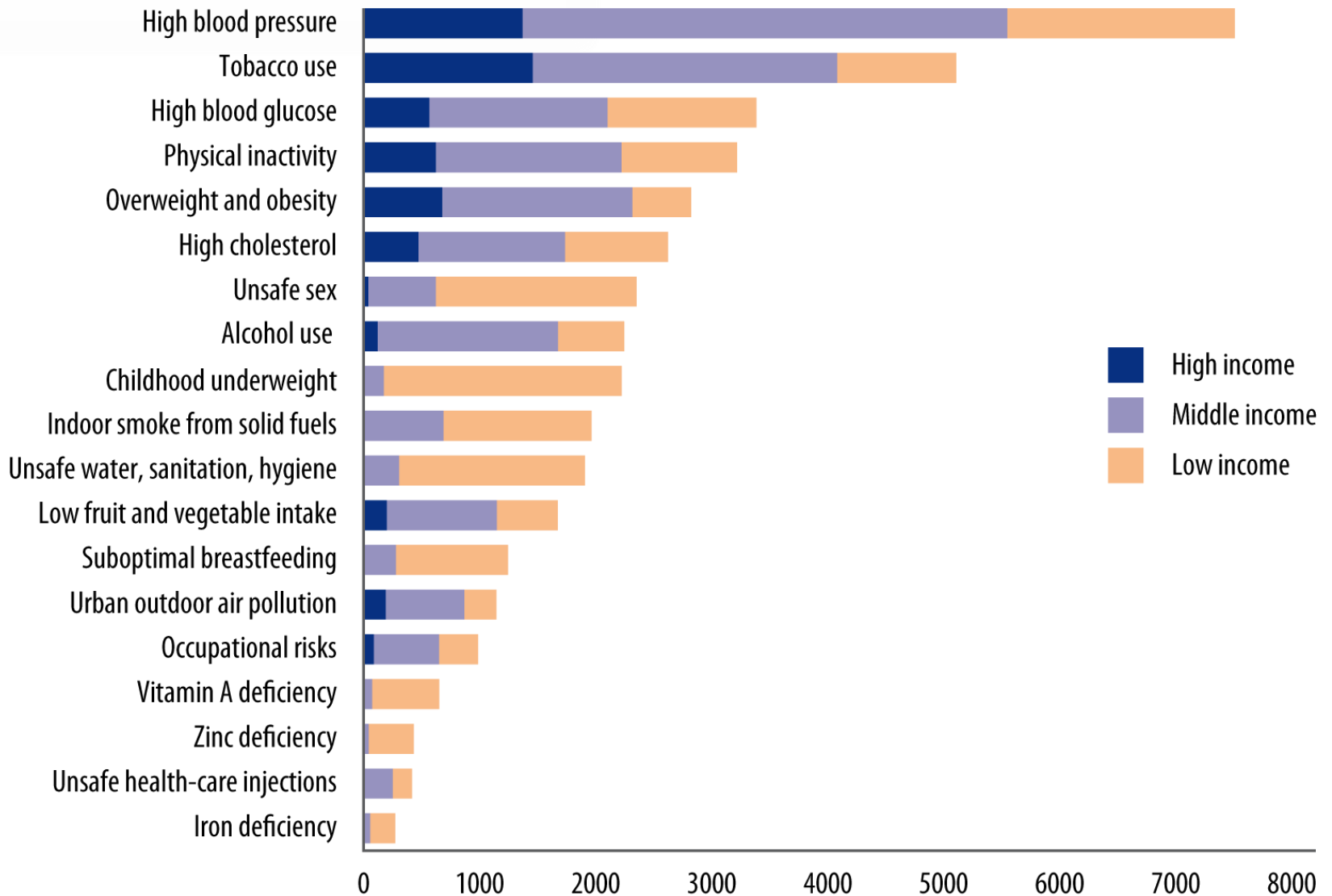
Vital, meaningful life



# Trend dan Pergeseran Masalah Kesehatan



# Masalah Kesehatan Dunia



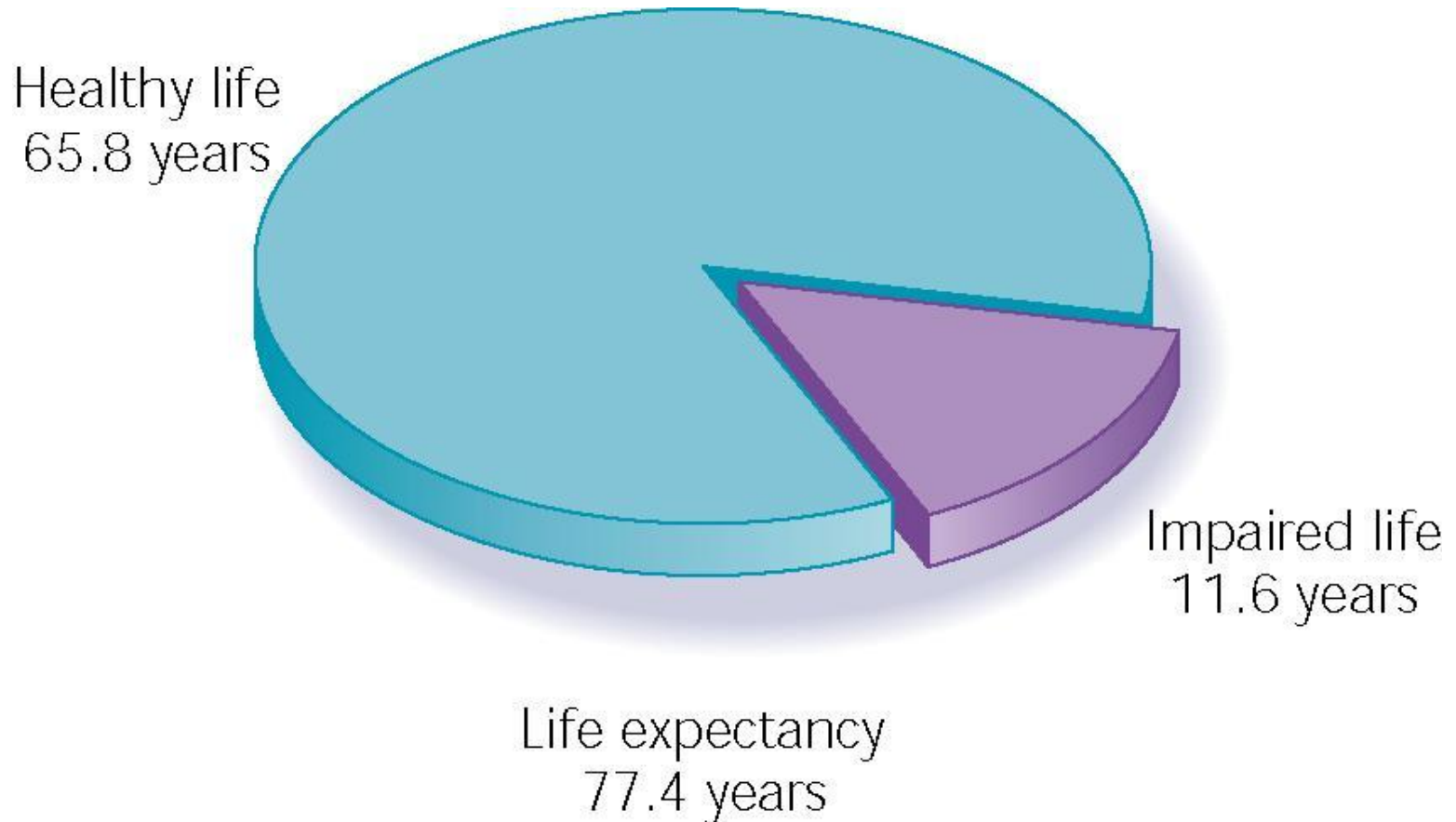
WHO Global health Risks report, 2004.

Mortality in thousands (total: 58.8 million)

## **6 Penyakit Tertinggi di Telkom**

- 1. Penyakit jantung**
- 2. Kanker**
- 3. Penyakit Tekanan Darah Tinggi**
- 4. Diabetes Melitus**
- 5. Gagal Ginjal Kronis**
- 6. Penyakit Serebrovaskular/ Stroke**

# Quantity vs. Quality of Life







# MASALAH KESEHATAN DUNIA



- Serangan jantung
- Stroke
- diabetes
- Penyakit kronis

disebabkan

**Gaya Hidup Tidak Sehat**

## HEALTH CARE CRISIS

### **Gaya Hidup Tidak Sehat**

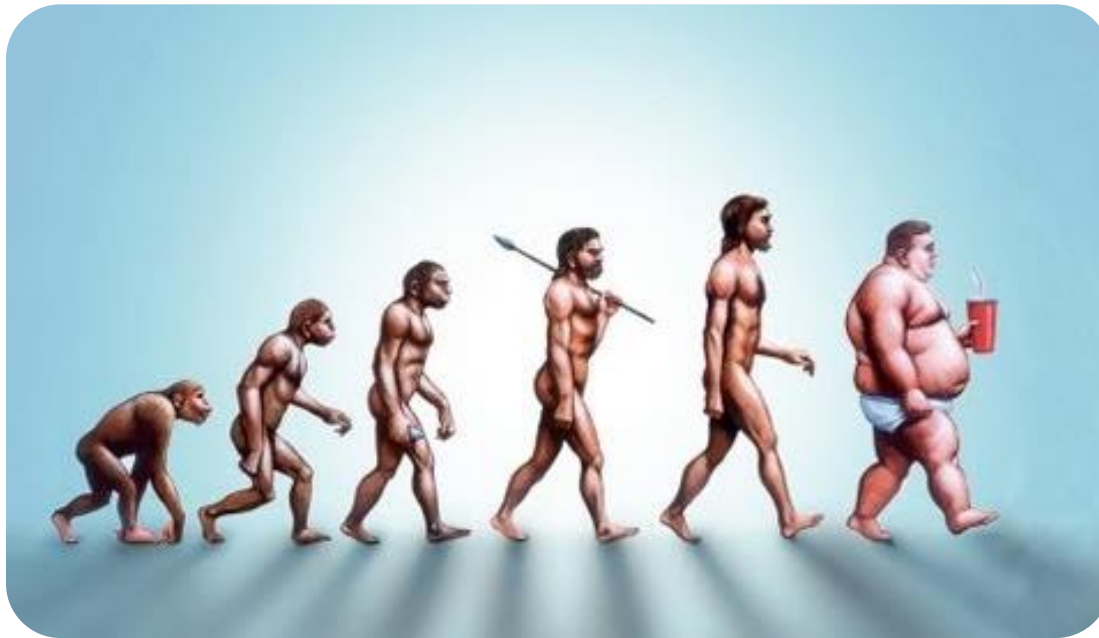
*Gaya Hidup tidak Aktif*

*Nutrisi yang buruk (Junk Food)*

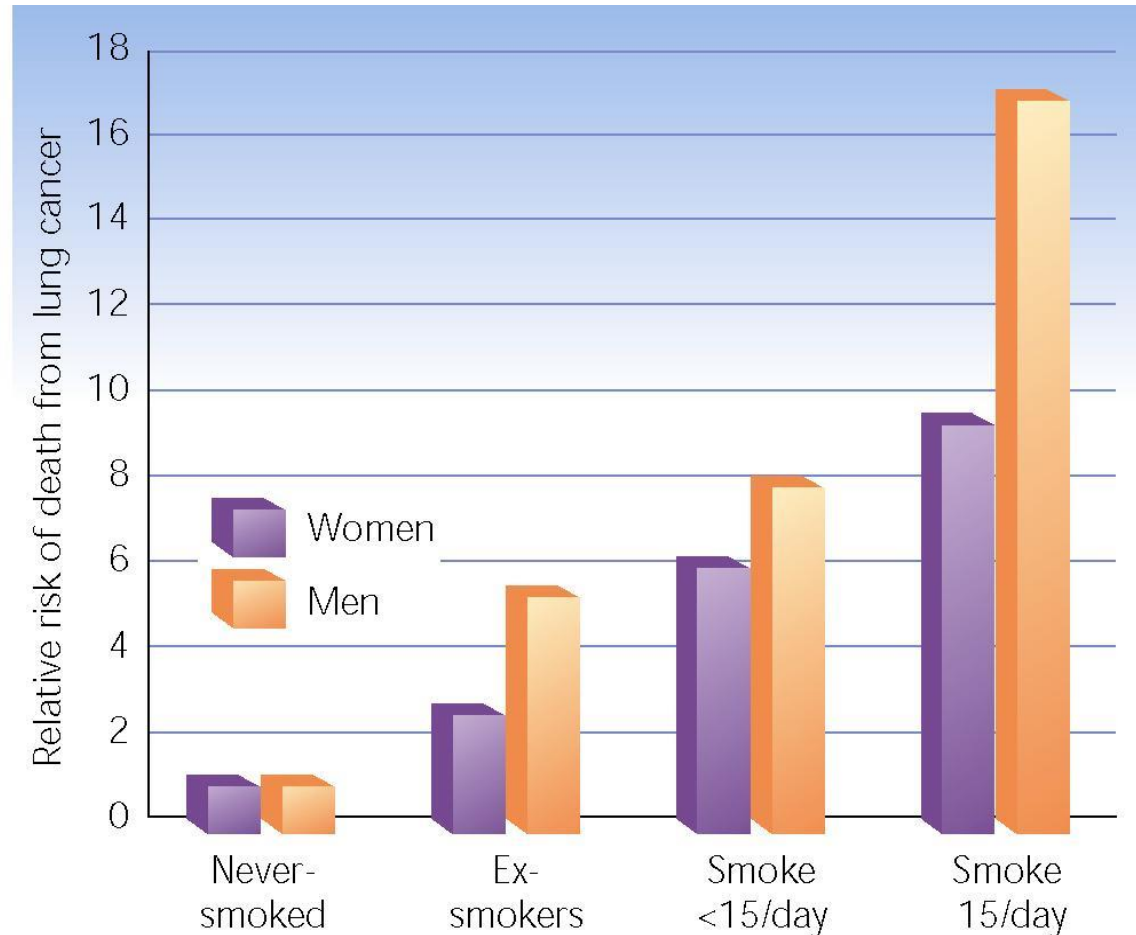
*Kebiasaan (Merokok, Alkohol)*



## Gaya Hidup Saat Ini



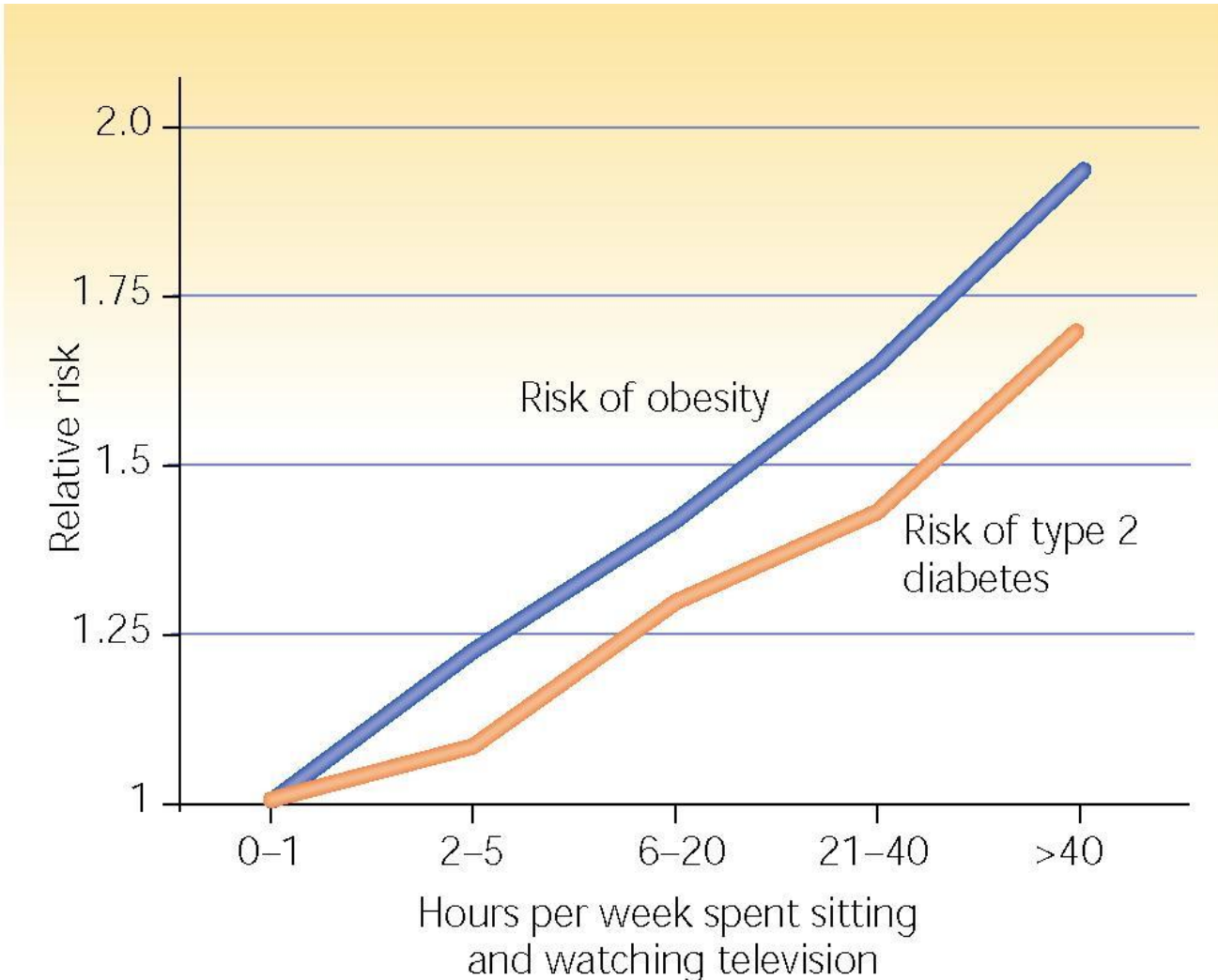
# Merokok dan Risiko Kanker Paru



(b) Cigarette smoking status and risk of death from lung cancer



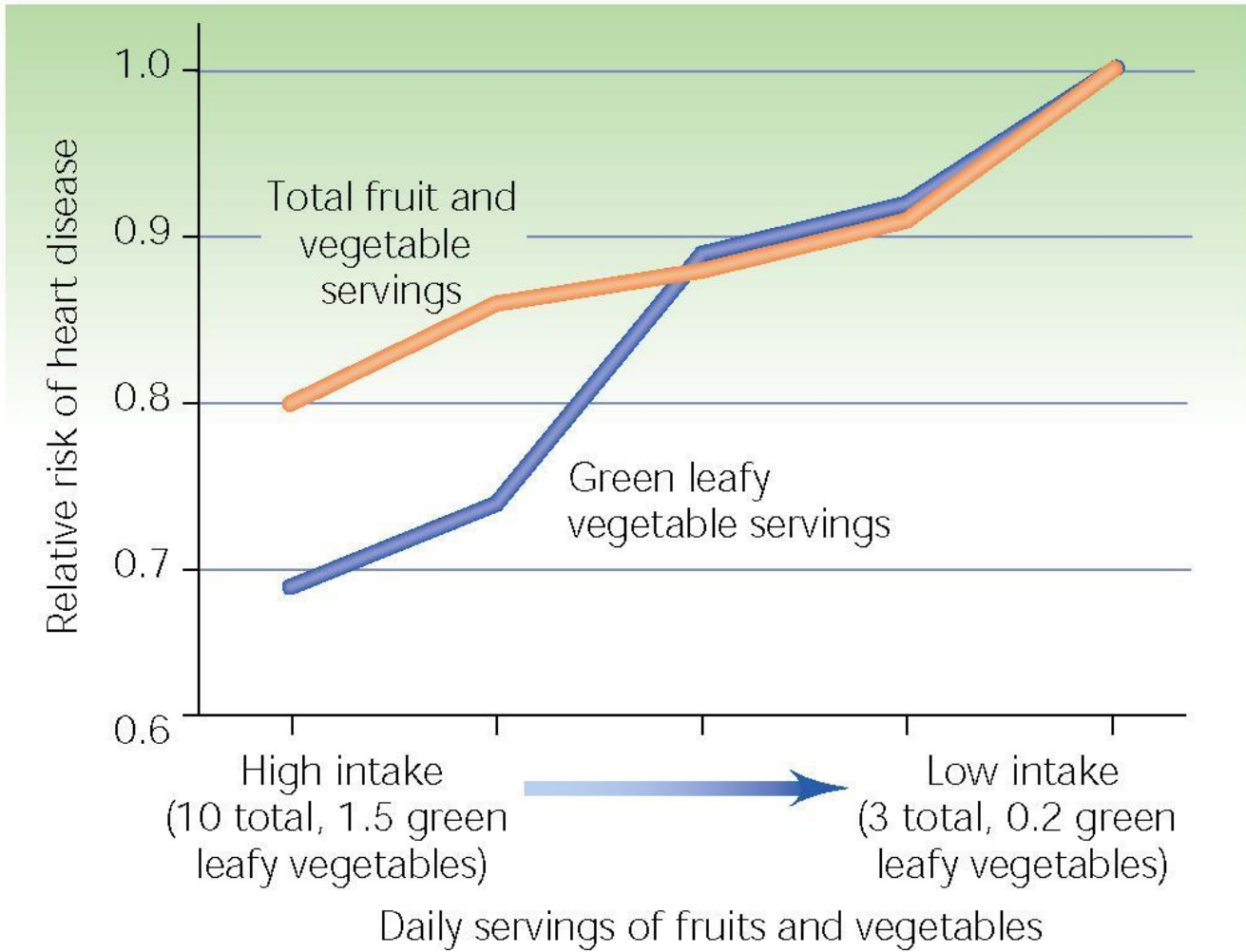
# Televisi dan risiko obesitas dan diabetes



(a) Sedentary lifestyle and risk of obesity and type 2 diabetes



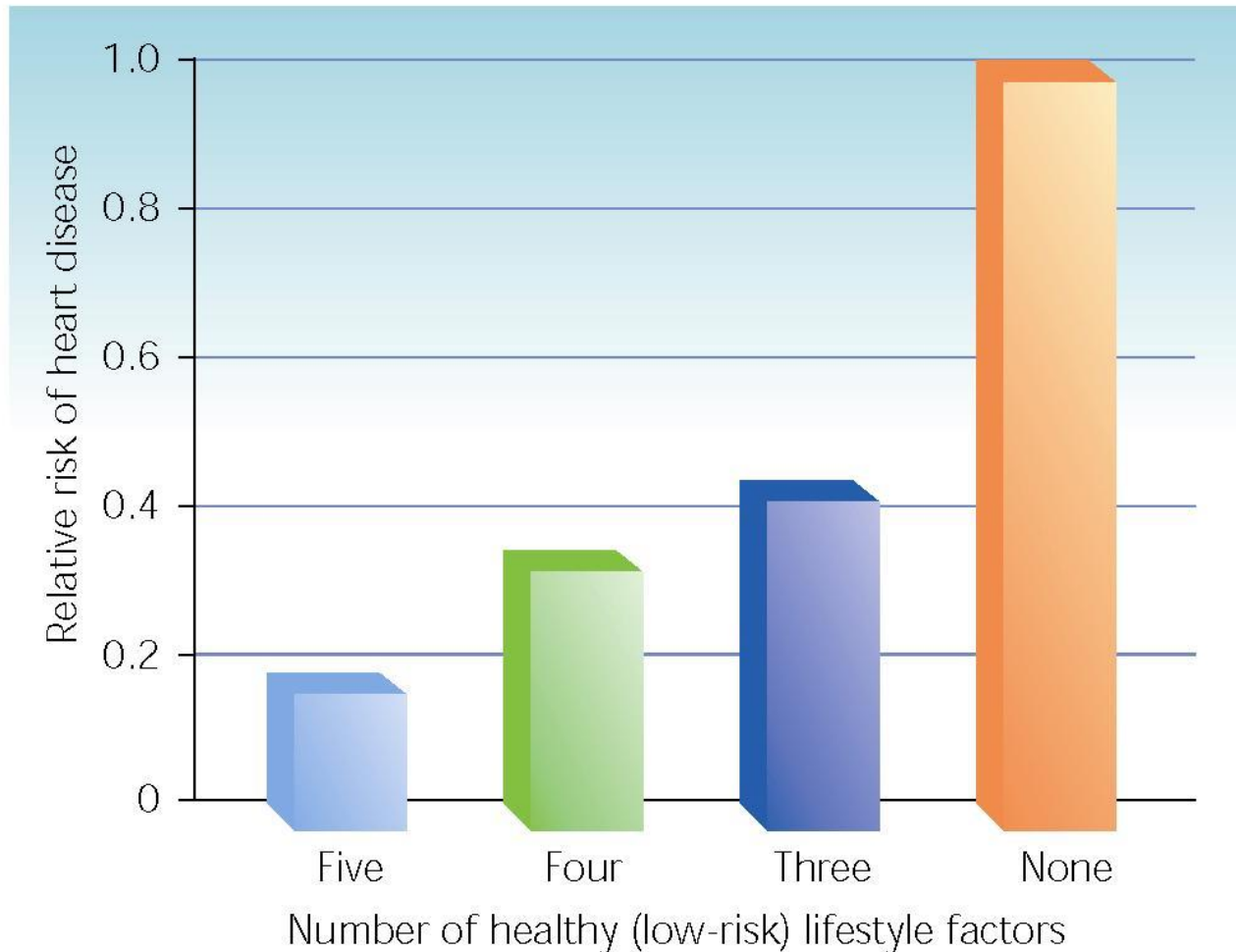
# Kurang Sayur dan Buah = Risiko Penyakit Jantung



(c) Fruit and vegetable intake and risk of heart disease



# Gaya Hidup Tidak Sehat = Penyakit Jantung



(d) Lifestyle factors and risk of heart disease





# SINDROMA METABOLIK



Keadaan dimana seseorang mengalami lebih dari satu gejala :

1. Tekanan Darah Tinggi
2. Profil Lemak Tinggi
3. Diabetes (Gula darah tinggi)
4. Obesitas



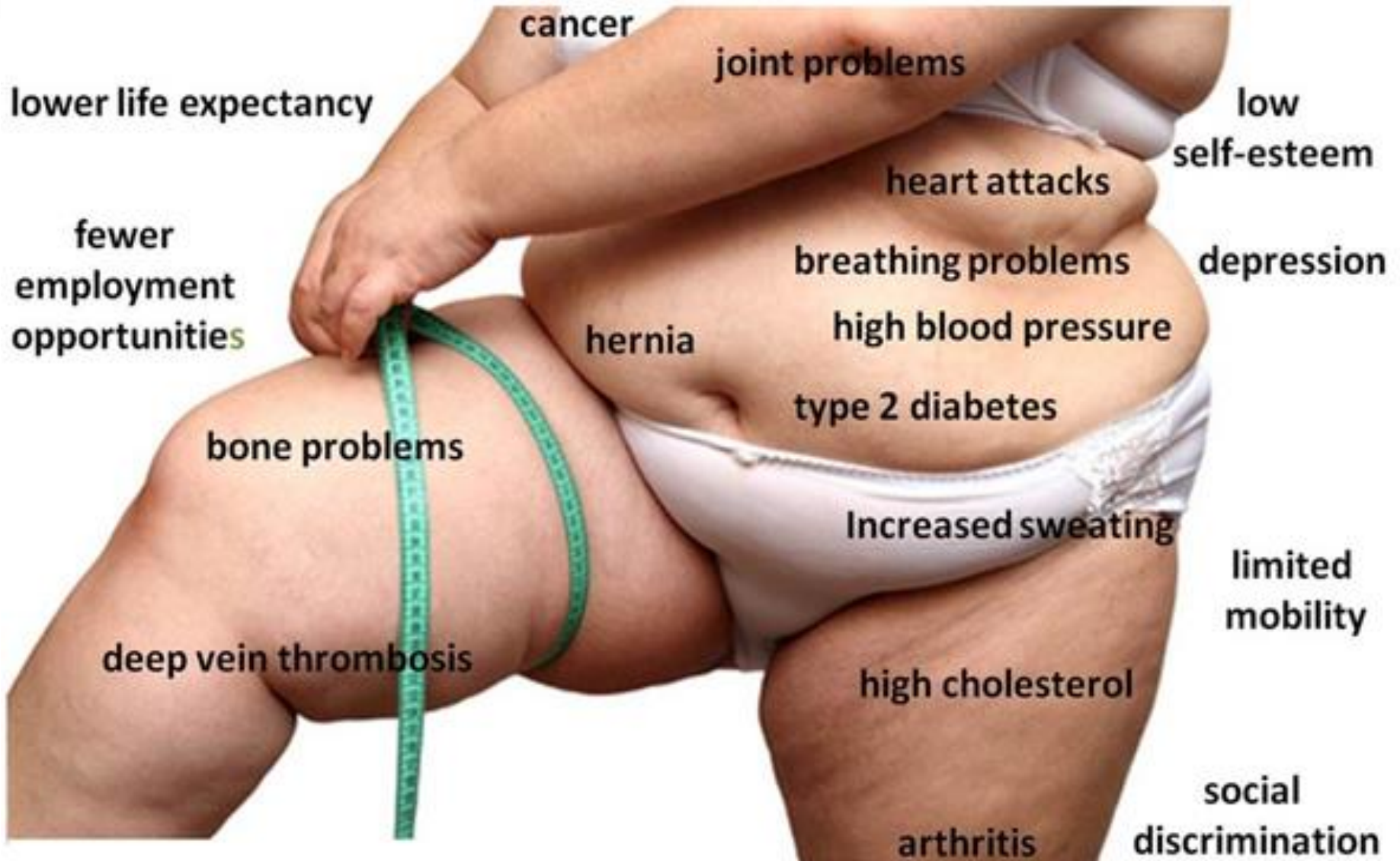
- Serangan jantung
- Stroke

## Obesitas

Keadaan dimana tubuh mengalami kelebihan **LEMAK** dan berpotensi untuk menimbulkan gangguan kesehatan maupun psikologis



## Komplikasi Obesitas



Keturunan?  
Genetik?  
Gaya Hidup?

## Penyebab

Orangtua yang obese akan menurunkan “obesitas” kepada anaknya



**Melalui Kebiasaan yang ditanamkan di rumah**

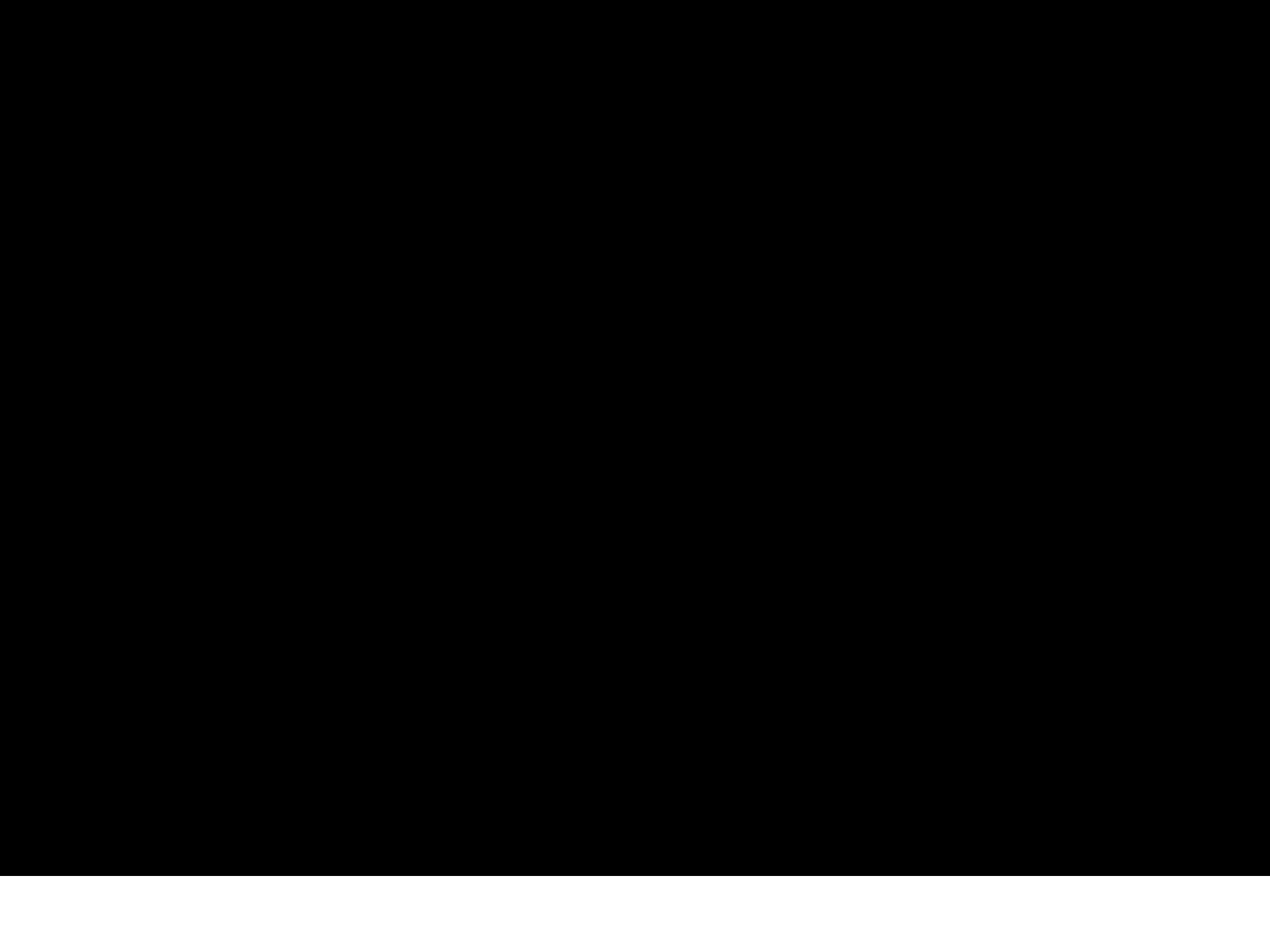


# Weight Problems in Children & Its Health Effects

Children with weight problems are at a larger threat of developing serious health issues

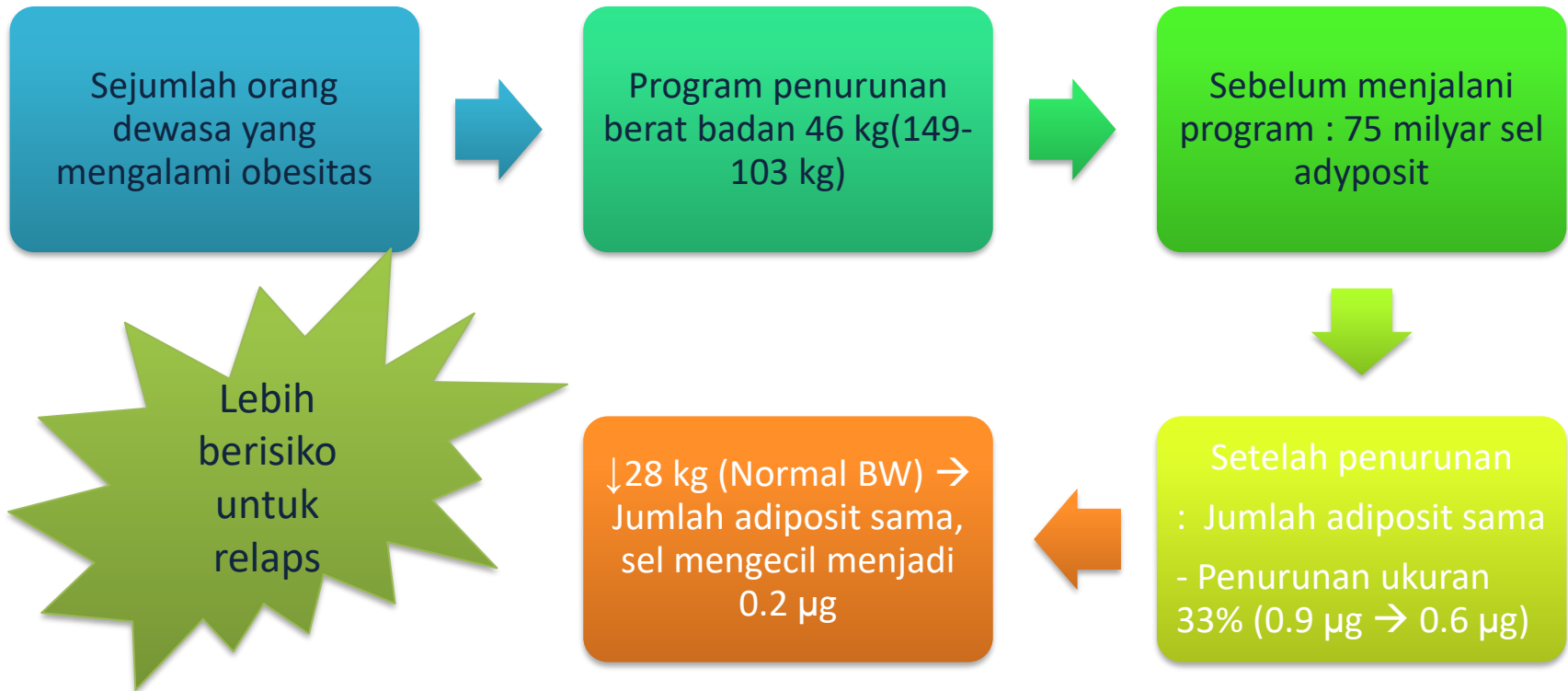
- High blood pressure
- Bone and joint problems
- Liver and gall bladder disease
- Type 2 diabetes
- Asthma
- Restless or messy sleeping patterns
- High cholesterol
- Lower self-esteem and depression.





## Penyimpanan Lemak

- Penelitian Klasik: Hirsch, Adipose cellularity in relation to human obesity, 1971





# Apakah Saya Obesitas?



## Komposisi Tubuh

### Indeks Massa Tubuh

Berat badan (kg)  
Tinggi Badan (m)<sup>2</sup>

KLASIFIKASI INDEKS MASSA TUBUH BERDASARKAN ASIA PASIFIC TASK FORCE	
KLASIFIKASI	IMT (KG/M <sup>2</sup> )
Underweight	<18.5
Normal	18.5 – 22.9
<b>Overweight</b>	<b>≥23</b>
<b>At risk</b>	<b>23 – 24.9</b>
<b>Obesitas I</b>	<b>25 – 29.9</b>
<b>Obesitas II</b>	<b>≥30</b>

# Komposisi Tubuh

## Persentase Lemak Tubuh

Classification	Women (% fat)	Men (% fat)
Essential Fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
<b>Obese</b>	<b>32% plus</b>	<b>25% plus</b>

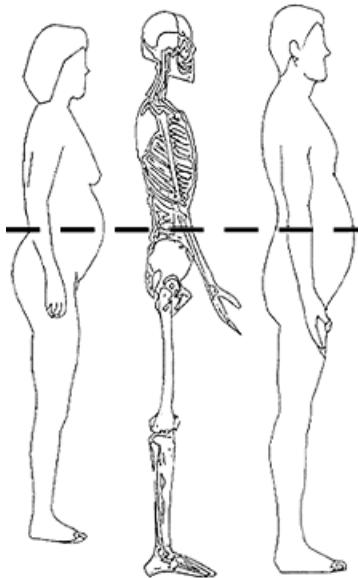
American Council of Exercise



# Komposisi Tubuh

## Lingkar pinggang

Diukur diatas tulang panggul



### Lingkar Pinggang terhadap risiko komorbiditas (DM2, Hipertensi, PJK)

	Risiko Rendah	Risiko Meningkat
Laki-laki	< 90 cm	≥ 90 cm
Perempuan	<80	≥ 80 cm



82

## Perilaku Sehat

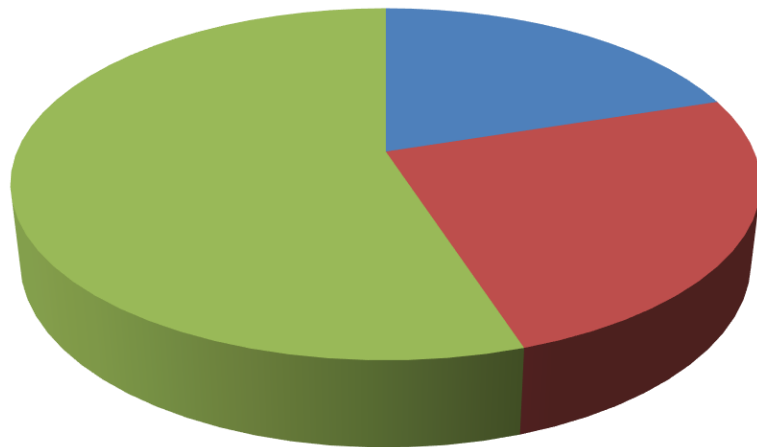
- Gaya hidup aktif/berolahraga
- Memilih makanan yang sehat
- Menjaga berat badan
- Mengontrol stress
- Menghindari rokok dan konsumsi alkohol
- Menjaga kesehatan dan risiko cedera





# DIET : Prinsip GIZI Seimbang

## Makro Nutrien

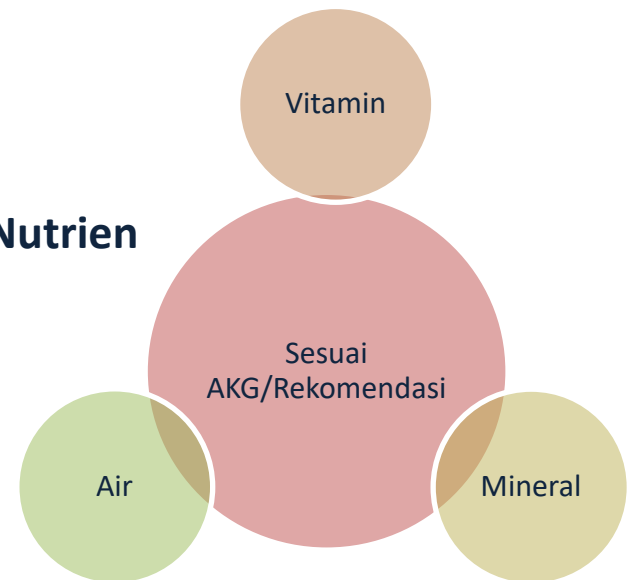


■ Protein (10-15%)

■ Lemak (20-25%)

■ Karbohidrat (50-60%)

## Mikro Nutrien





**WHY HAVE THIS..**



**MEDIUM FRENCH FRIES & BIG MAC**

**930 CALORIES**  
**48G FAT**  
**29G PROTEIN**  
**94G CARBS**  
**8G FIBER**  
**1270MG SODIUM**

**1**

**..WHEN YOU CAN HAVE ALL THIS?**



**ALL THIS HEALTHY FOOD**

**930 CALORIES**  
**13G FAT**  
**64G PROTEIN**  
**115G CARBS**  
**23G FIBER**  
**340MG SODIUM**

**2**



# Calorie Burning

Snickers



215 calories

Bicycling  
=4.4 miles  
7.0 km



Running

22 minutes



Watching TV

4 hours



Dancing

32 minutes



Walking

40 minutes

# Calorie Burning

KitKat 1 bar (1.5 oz) (42 g)



Running  
= 1.8 miles  
2.8 km

218 calories



Bicycling

18 minutes



Housework

55 minutes



Talking on phone

2.5 hours



Walking

2.6 miles

4.1 km

# CALORIE DENSITY

## WHAT 500 CALORIES LOOK LIKE

OIL



CHEESE



MEAT



POTATOES,  
RICE, BEANS



FRUITS &  
VEGGIES



*...and why whole plant-based foods will help keep you lean and satisfied.*

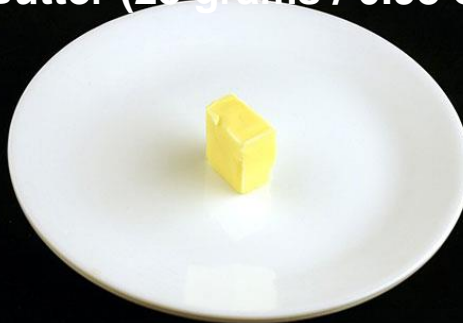
[forksoverknives.com](http://forksoverknives.com)

## Beberapa Jenis Makanan 200 kc

**Apples (385 grams / 13.5 oz)**



**Butter (28 grams / 0.98 oz)**



**Broccoli (588 grams / 20.7 oz)**



**Snickers Chocolate Bar (41 grams / 1.45 oz)**



**Baby Carrots (570 gram / 20.1 oz)**



**Blueberry Muffin (72 grams / 2.5 oz)**



## POLA MAKAN SEHAT KELUARGA

Menyiapkan makan sehat bagi keluarga



Berkreasi membuat makanan favorit menjadimakanan



- Mengenalkan makan sayur pada anak



Menyiapkan bekal sehat bagi keluarga



## Nutrition Facts

Serving Size 2/3 cup (55g)  
Servings Per Container About 8

### Amount Per Serving

**Calories** 230      Calories from Fat 40

% Daily Value\*

**Total Fat** 8g      **12%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 37g      **12%**

Dietary Fiber 4g      **16%**

Sugars 1g

**Protein** 3g

Vitamin A      10%

Vitamin C      8%

Calcium      20%

Iron      45%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily value may be higher or lower depending on  
your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Nutrition Facts

**8 servings per container**

Serving size      2/3 cup (55g)

Amount per 2/3 cup

**Calories**      **230**

% DV\*

**12%** **Total Fat** 8g

**5%** **Saturated Fat** 1g

**Trans Fat** 0g

**0%** **Cholesterol** 0mg

**7%** **Sodium** 160mg

**12%** **Total Carbs** 37g

**14%** **Dietary Fiber** 4g

**Sugars** 1g

**Added Sugars** 0g

**Protein** 3g

**10%** **Vitamin D** 2mcg

**20%** **Calcium** 260mg

**45%** **Iron** 8mg

**5%** **Potassium** 235mg

\* Footnote on Daily Values (DV) and calories  
reference to be inserted here.

# Rekomendasi

- Perbanyak sayur
- Utamakan daging putih (ikan, ayam) dan kurangi daging merah (kambing, sapi)
- Utamakan di kukus atau rebus
- Makan malam terakhir pukul 19.00 → gosok gigi (closing)



# kurangi

1. Makanan Pedas
2. Gula (Sehari max 1sendok teh)
3. Gorengan
4. Camilan manis
5. Pilih buah tinggi serat dan vitamin c :
  1. Apel
  2. Pir
  3. Buah naga
  4. Jeruk-kiwi
6. Kurangi buah tinggi gula dan kalori
  1. Salak
  2. Mangga
  3. Pisang
  4. Rambutan, duku, kelengkeng

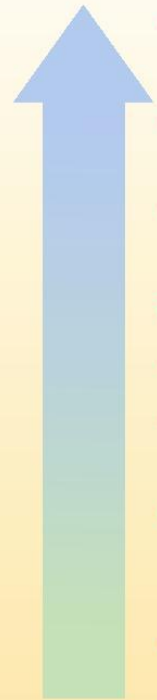


# KONSUMSI CUKUP CAIRAN

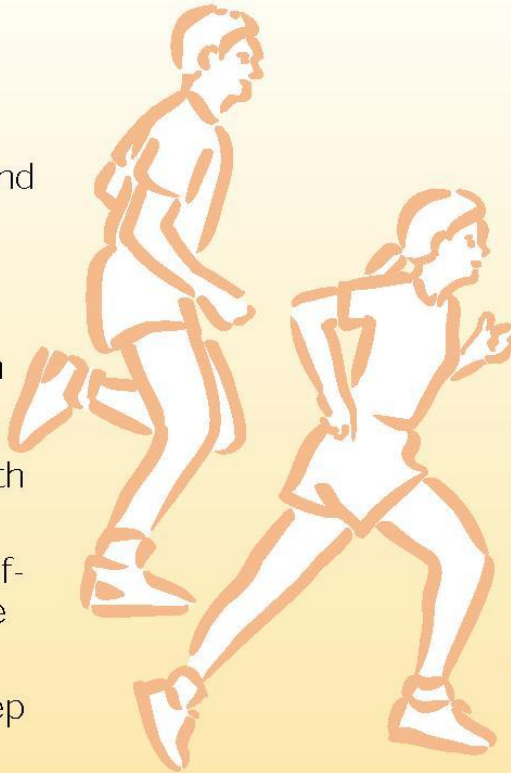
1. Mendukung pengendalian berat badan
2. Mencegah dehidrasi
3. Rekomendasi 2-3 liter/hari



# Benefits of Physical Activity



- Increased endurance, strength, and flexibility
- Healthier muscles, bones, and joints
- Increased energy (calorie) expenditure
- Improved body composition
- More energy
- Improved ability to cope with stress
- Improved mood, greater self-esteem, and a greater sense of well-being
- Improved ability to fall asleep and sleep well



- Reduced risk of dying prematurely from all causes
- Reduced risk of developing and/or dying from heart disease, diabetes, high blood pressure, and colon cancer
- Reduced risk of becoming obese
- Reduced anxiety, tension, and depression
- Reduced risk of falls and fractures
- Reduced spending for health care

For \_\_\_\_\_

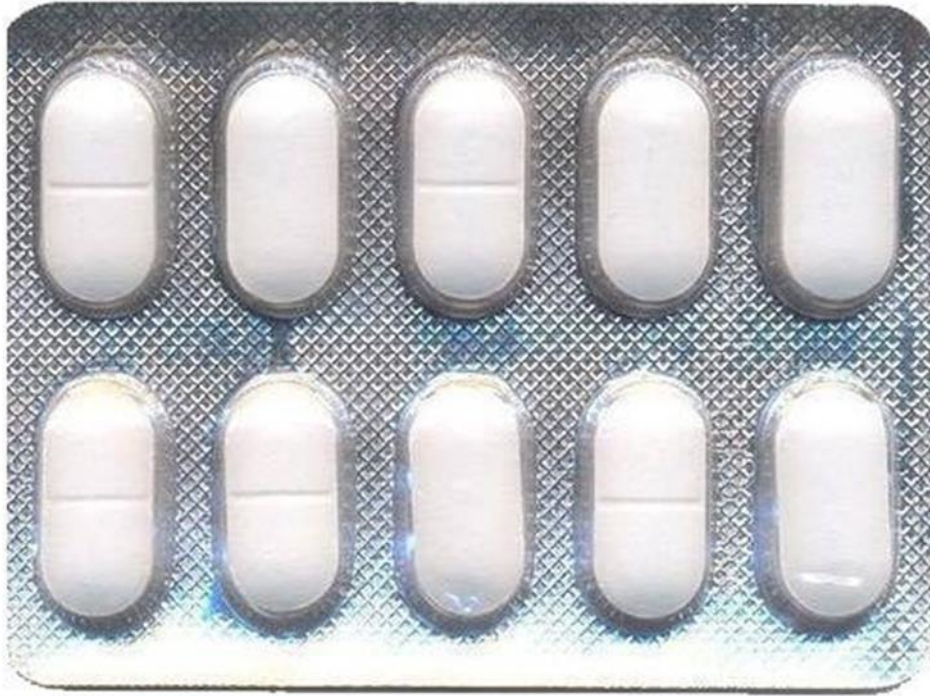
DATE \_\_\_\_\_

Rx

Exercise!

DISPENSE AS WRITTEN

M.D.



Frequency

Intensity

Time

Type

## REKOMENDASI

**Lakukan olahraga aerobik (lari, bersepeda, berenang dll) dengan intensitas sedang selama total 150 menit/minggu**

**DAN**

**Lakukan Latihan Penguatan Otot pada 8-10 otot mayor tubuh 8-12 repetisi, 2-3 kali perminggu**

# TIPE OLAHRAGA



**Aerobic**



**Strength/Resistance**

# Komponen Latihan



Cool-down



Conditioning



Warm up &  
Stretching



## Aerobik Exercise



Total 150 menit perminggu

Jalan cepat, sepeda statis, treadmill

Frekuensi : 5-7 kali/minggu

Durasi : 30-60 menit

Intensitas : ringan- sedang

# Menghitung Intensitas Aerobic

## Talk Test

Intensity	Talk Test
Ringan	Bisa berbicara dan bernyanyi
Sedang	Bisa berbicara tetapi tidak bisa bernyanyi
Berat	Kesulitan berbicara/terbata-bata



# Latihan Beban



- Rekomendasi ACSM (American College of Sports Medicine) :
  - 2-3 x/minggu dengan hari yang tidak berurutan
  - 10-15 repetisi
  - 1-3 set
  - 8-10 latihan pada otot mayor
- Latihan beban memiliki risiko :
  - Cedera otot → teknik yang buruk atau beban yang berlebih
  - Hernia, Tekanan darah meningkat → Teknik pernafasan yang salah

## Perhatikan Teknik Bernafas

- Ambil nafas → Gerakan yang ringan (saat kontraksi minimal)
- Buang Nafas → Gerakan yang terberat (saat kontraksi maksimal)
- Rasio ambil nafas : buang nafas = 3:2 to 3:3

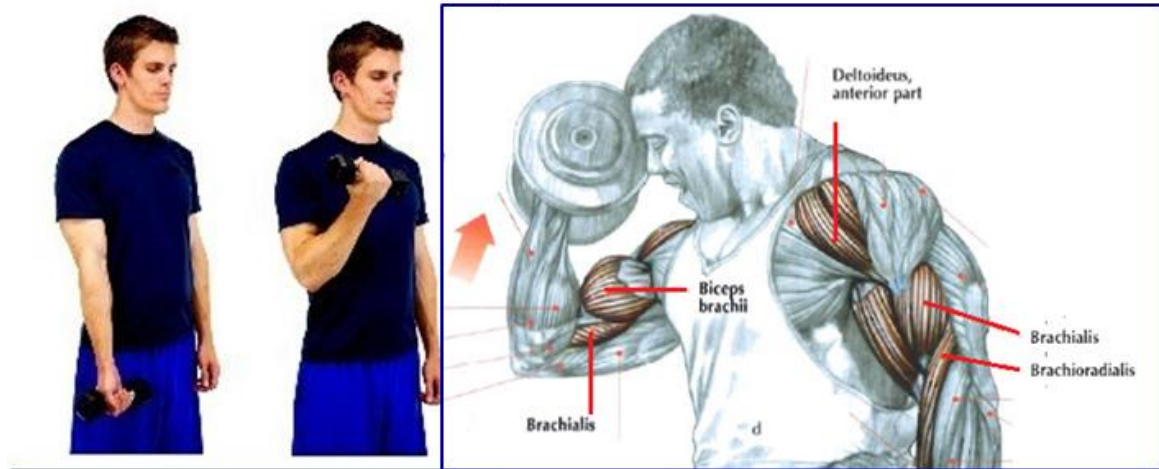
## Here are the Major Muscle Groups You Need to Work On...



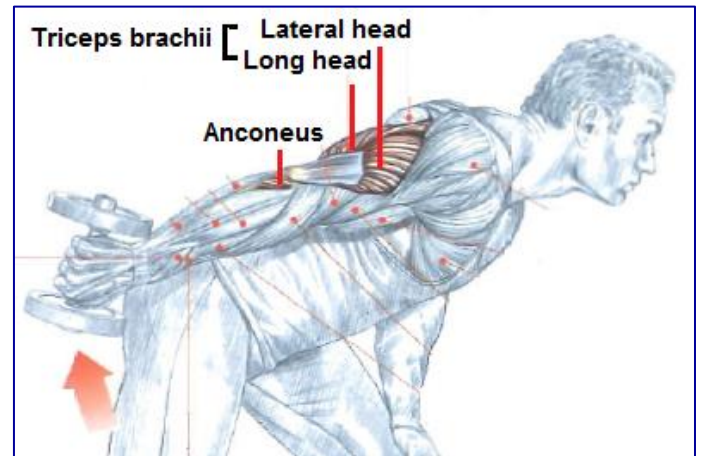
1. Quadriceps
2. Hamstrings
3. Calves
4. Chest
5. Back
6. Shoulders
7. Triceps
8. Biceps
9. Forearms
10. Trapezius
11. Abs

# Melatih Otot Mayor

## 1. Biceps



## 2. Triceps



# Melatih Otot Mayor

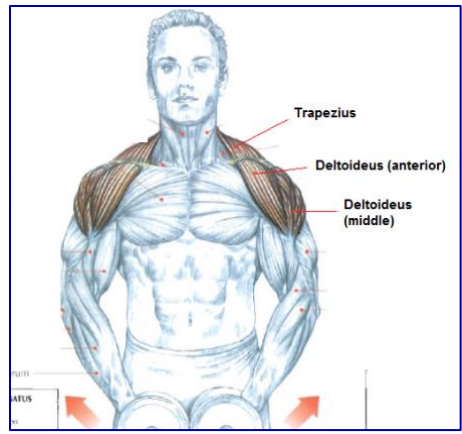
## 3. Shoulder



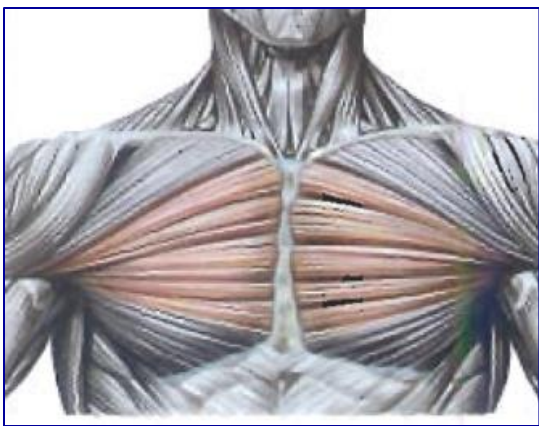
1



2



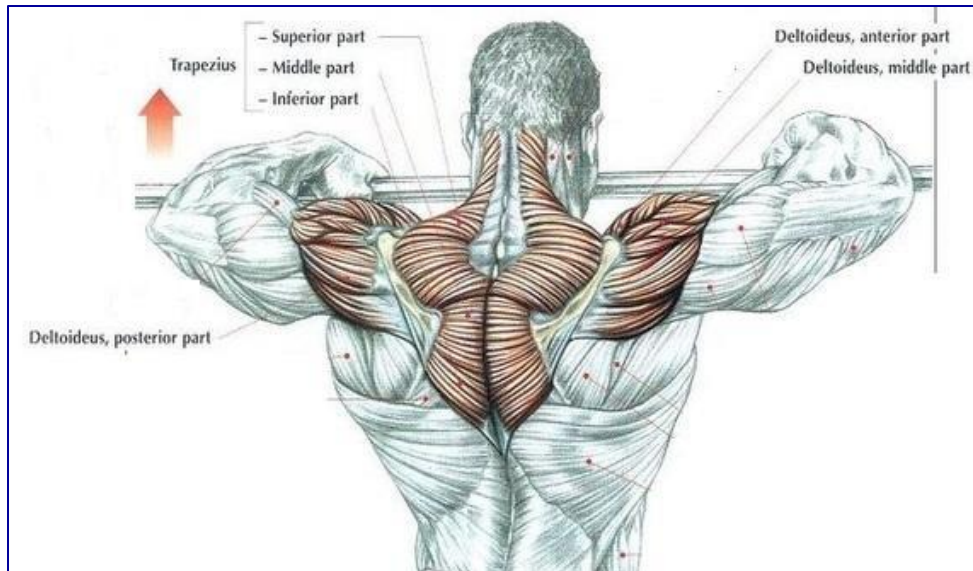
## 4. Chest





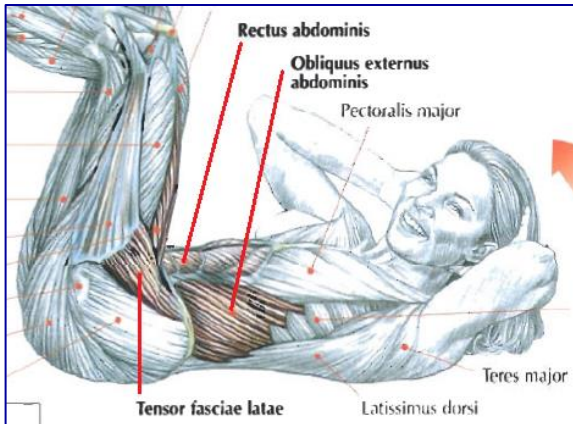
# Melatih Otot Mayor

## 5. Upper Back

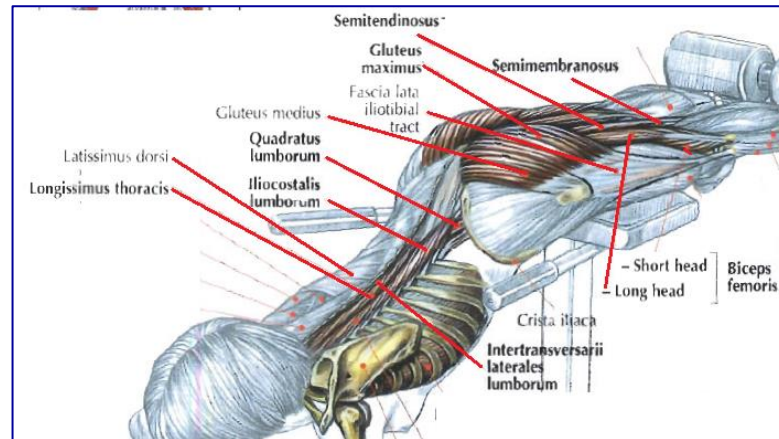


# Melatih Otot Mayor

## 6. Abdominal

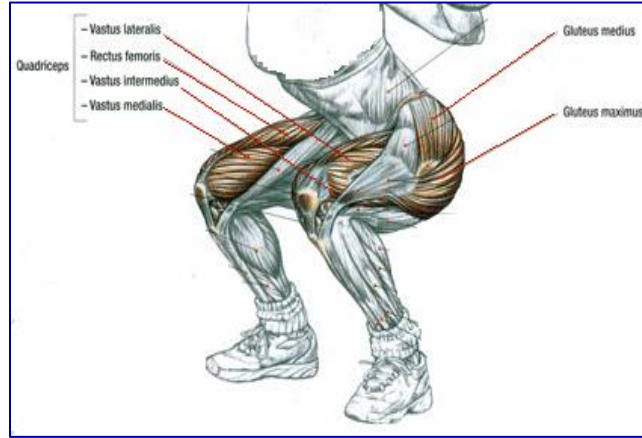


## 7. Lower Back



# Melatih Otot Mayor

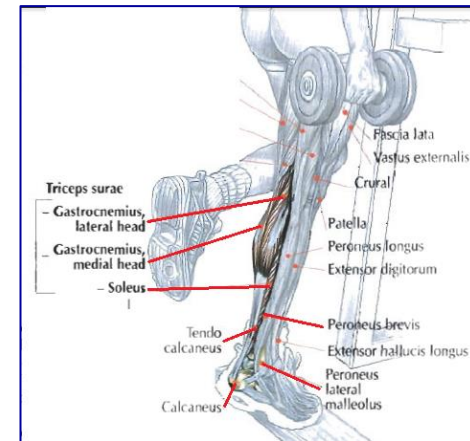
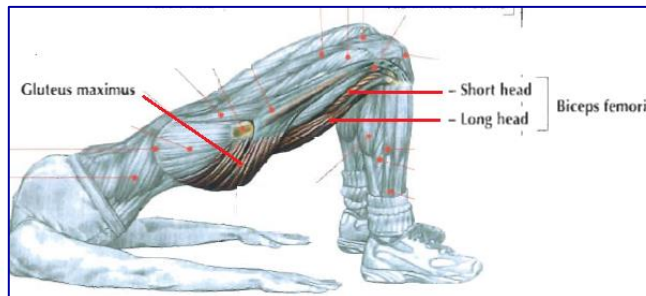
## 8. Quads



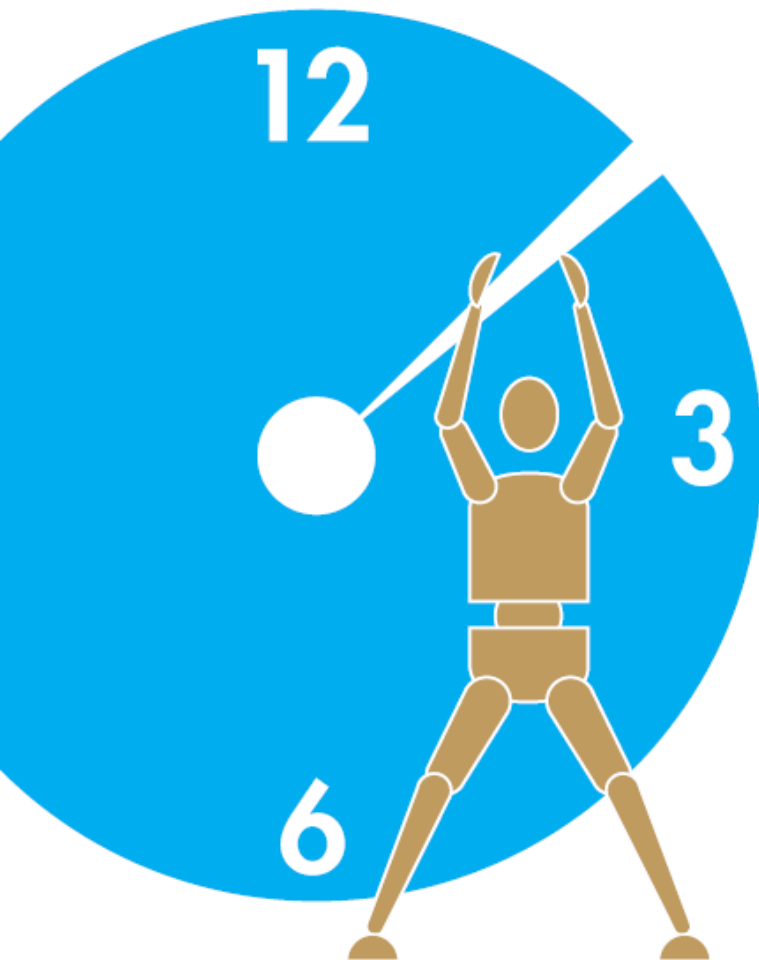
## 10. Gastrocnemius



## 9. Hamstring



# High Intensity Circuit Training



## Time Saver: High Intensity Fitness Circuit in Minutes

### What is it?

This workout involves completion of 12 key aerobic and strengthening exercises of all the major muscle groups in rapid succession with 10 seconds of rest between exercises.

### What does it feel like?

Each exercise takes 30 seconds and is performed at a high intensity. Your effort level during the seven minutes should be at an 8 out of 10 points, where 0=rest and 10=highest level of effort you can perform. You will be breathing hard and your heart rate will increase.

### Special considerations and safety:

- The execution and form of each exercise is a priority for safety and optimal fitness gains
- Avoid holding your breath during any exercise
- ACSM recommends doing an appropriate warm up and cool down before and after any exercise session.

### What kind of exercises are included?

Workouts may vary slightly, but typically include aerobic exercise (jumping jacks, high knees), strengthening exercise (wall sits, squats, lunges, step ups onto a chair, triceps dip on a chair, push-ups, push-ups on a rotation), and core stability (planks, side planks, abdominal crunches). The order of the exercises is important to follow to allow one muscle group to rest while another is exercising.

### Why participate in this kind of workout?

- Time: Vigorous exercise can be done in short time (this circuit is approximately 7 minutes and can be repeated 2 to 3 times).
- Space: With only your own body weight, a chair and a wall, a short invigorating exercise bout can be accomplished in a space like a small office.
- Health and Fitness Benefits: High intensity exercise can increase muscle activity and heart rate and contribute to healthy weight management. Short bouts of challenging exercise may also provide meaningful benefits such as helping to reduce insulin resistance, strengthen your joints and improve your posture.
- Cost: Free!
- Feels refreshing.

### How to access the program:

Online, mobile phone or watch apps ("Seven", 7 Minute Workout®)

# Start



1. Jumping jacks (total body)



2. Wall sit (lower body)



3. Push up (upper body)



4. Abdominal crunch (core)



5. Step-up onto chair (total body)



6. Squat (lower body)



7. Triceps dip (upper body)



8. Plank (core)



9. High knees (total body)



10. Lunge (lower body)



11. Push-up and rotation (upper body)



12. Side plank (core)

# Finish

 Aerobic Exercise

 Strengthening Exercise

 Core Stability



# 7 Minute Workout



EG0360

## The Problem

# 50%

Greater  
Healthcare Expense

Employees with  
high stress





# The Problem



## STRESS

- Kurang komunikasi karena terlalu sibuk.
- Tidak bisa memberi membantu memberi solusi.
- Tuntutan yg perfeksionis dr pasangan
- Memasuki masa menopause
- Lokasi pasangan yg berjauhan
- Kurangnya waktu family time, yg bisa diisi dg olahraga Bersama.

THANK YOU

