

**IMPACT OF COMBINED AEROBIC AND WEIGHT
TRAINING EXERCISE ON BODY FAT COMPOSITION IN
ELDERLY POPULATION IN PANTI WREDHA BUDI
DHARMA**

A THESIS

Composed to Fulfil the Requirement Bachelor of Medicine Degree in
Faculty of Medicine, Public Health, and Nursing
Universitas Gadjah Mada



By:

Almeira Merva Nadiraputri

22/492418/KU/23698

FACULTY OF MEDICINE, PUBLIC HEALTH, AND NURSING

UNIVERSITAS GADJAH MADA

YOGYAKARTA

2026

RATIFICATION PAGE

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To Partially Fullfill the Requirements for Obtaining a Bachelor of Medicine Degree

Gadjah Mada University

Submitted by:

Almeira Merva Nadiraputri

22/492418/KU/23698

Had been examined and approved on

Thesis Examiner Team,

Material Advisor



**Dr. dr. Ida IDewa Putu
Pramantara, Sp. PD-KGer**

NIP. 121195711201601101

Methodology Advisor



**dr. Eko Aribowo, M.Kes.,
Sp. PD-KGer**

NIP.: 121197705201601102

Expert Examiner



**Dr. dr. Probosuseno, Sp.PD-K.Ger,
FINASIM, SE, MM**

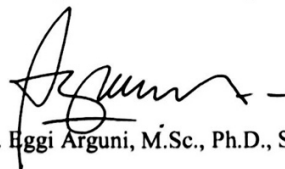
NIP. 121196203201601101

Acknowledged,

Head of the Medical Study Program

Faculty of Medicine, Public Health, and Nursing

Gadjah Mada University



Prof. dr. Eggi Arguni, M.Sc., Ph.D., Sp.A(K)

NIP. 197404122008012010