Ns. Arif Rohman Mansur, S.Kep., M.Kep.
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KBM INDONESIA

SEHAT DENGAN AKTIVITAS FISIK

Mengapa Kita Harus Bergerak

SEHAT *dengan* AKTIVITAS FISIK

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081357517526 (Tlpn/WA)

Penulis
Ns. Arif Rohman Mansur, S.Kep., M.Kep.
Ns. Ira Mulya Sari, M.Kep., Sp.Kep.An.
Sandrina Indah Paraswati

Editor
Ns. Mutia Farlina, M.Kep., Sp.Kep.An.

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(i) Setiap Orang yang dengan tanpa hak melakukan pelanggaran hak ekonomi sebagaimana dimaksud dalam Pasal 9 ayat (1) huruf i untuk Penggunaan Secara Komersial dipidana dengan pidana penjara paling lama 1 (satu) tahun dan/atau pidana denda paling banyak Rp 100.000.000 (seratus juta rupiah).

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KATA PENGANTAR

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Buku ini disusun dengan tujuan memberikan pemahaman yang komprehensif mengenai konsep, manfaat, serta strategi penerapan aktivitas fisik dalam kehidupan sehari-hari. Selain menguraikan aspek teoritis yang didukung oleh hasil penelitian ilmiah, penulis juga berupaya menghadirkan pendekatan praktis sehingga isi buku ini dapat diterapkan secara nyata oleh pembaca. Harapannya, buku ini dapat menjadi rujukan bagi mahasiswa, tenaga pendidik, praktisi kesehatan, maupun masyarakat umum yang peduli terhadap gaya hidup sehat.

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Semoga buku ini memberikan manfaat nyata dan menginspirasi pembaca untuk menjadikan aktivitas fisik sebagai bagian penting dalam kehidupan sehari-hari.

Padang, 18 Agustus 2025
Arif Rohman Mansur

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BIOGRAFI PENULIS

Ns. Arif Rohman Mansur, S.Kep., M.Kep

Penulis lahir di Jepara pada 28 Agustus 1987, anak kelima dari lima bersaudara. Penulis meraih gelar Sarjana (S.Kep) dan Pendidikan Keperawatan Profesional (Ns) serta Magister Keperawatan dari Program Studi Ilmu Keperawatan (PSIK) Fakultas Kedokteran Universitas Gadjah Mada (UGM) masing-masing pada tahun 2009, 2010, dan 2015. Penulis telah berkarya sebagai Dosen di Departemen Ilmu Kesehatan Anak dan Maternitas, Fakultas Keperawatan Universitas Andalas. Selain menjadi dosen, beliau juga aktif menulis buku, artikel di media massa dan jurnal, mengelola Jurnal Pengabdian Masyarakat (Warta Pengabdian Andalas). Salah satu motto penulis adalah "Berani Mencoba dan Terus Belajar."

Ns. Ira Mulya Sari, M.Kep, Sp.Kep.An

Ira Mulya Sari, seorang wanita yang lahir di Padang pada 13 April 1984, adalah dosen tetap di bagian Kebidanan dan Anak di Fakultas Keperawatan Universitas Andalas. Sebelumnya, ia mengajar di STIKes Indonesia Padang dan Akper Nabila Padang Panjang. Dikenal dengan sebutan akrab Ai, ia telah menikah dan dikaruniai empat anak: Zahid, Shadiq, Shanum, dan Ali. Ia menyelesaikan pendidikan spesialisasinya di bidang keperawatan anak di Universitas Indonesia pada tahun 2016.

Sandrina Indah Paraswati

Penulis kedua lahir di Kulon Progo pada 27 Februari 2004. Ia adalah mahasiswa S1 keperawatan di Universitas Airlangga (UNAIR), tempat ia memulai studinya pada tahun 2022. Sepanjang karier akademisnya, ia telah terlibat dalam penelitian ilmiah, menulis, dan berpartisipasi aktif dalam berbagai kompetisi akademik. Pada Juli 2024, ia mengikuti program pertukaran pelajar di Jepang, mendapatkan pengalaman internasional yang berharga dalam praktik keperawatan. Selain itu, ia saat ini sedang magang di Nurse Labour Market App, menerapkan pengetahuan akademisnya secara profesional. Ia juga bekerja paruh waktu sebagai Asisten Dosen Riset, untuk terus mengembangkan keterampilan riset dan akademisnya. Berpegang pada mottonya, "Masa depan Anda diciptakan oleh apa yang Anda lakukan hari ini," ia tetap berkomitmen untuk terus belajar dan berkembang.