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BY YARI FAHMAWATI NIM 0911110276

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Presented to Universitas Brawijaya In partial fulfillment of the requirements for the degree of Sarjana Sastra

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Human being as an individual and social creature cannot communicate or interact with other people without using language as an instrument. Language not only functions as a communication tool, but also functions as a special feature St from the social existence. Language and society are inseparable and the sitas Brawijaya relationship could be seen through the effects of social factors on language and the sitas Brawijaya Universit society. People's social behavior in society can be reflected through thesitas Brawijaya Universitexpression of their idea and feelings. Language exists in a number of varieties, sitas Brawijava Universitsuch as dialect, style, slang, register, etc. Registers are sets of language itemssitas Brawijaya Universitassociated with discrete occupational or social groups. Register may occur both insitas Brawijava one language such as utterances, public-speech, or conversation and writtensitas language such as article, editorial book and literature. In this study, the writer investigates register in written language, pricisely the newsletter Duniafitnes.com Newsletter because in written text the writer can find and analyze the register variables clearly. From the fitness registers, the writer analized the word formation processes that include one of morphology aspect. The problems of this study are (1) What are the registers found in Duniafitnes.com Newsletter? (2) Universit What are the word formation processes found in the registers of Duniafitnes.com Universit Newsletter?

In this study, the writer is interested in analyzing word formation processes of fitness registers since word formation processes is the study of the process which is new words come into being a language (Yule, 2006). This study is aimed to investigate the the registers and meaning, and the words formation processes found in the registers of *Duniafitnes.com Newsletter* from January until April 2013. The writer uses Yule's theory (2006) to analyze the data. This study used descriptive qualitative approach. The result of the study are 40 fitness registers found in *Duniafitnes.com Newsletter*. The word formation of fitness registers are Borrowing (40 terms), Multiple Processes (12 terms), Compounding (10 terms), Acronym (1 term) and Derivation (1 term). The writer found that Borrowing is the most dominant process used.

The result of the study is expected to give significance to the next researchers who are interested in studying the same area. to take another popular sports beside fitness that might find the registers. Iversitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Iversitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Braw iversitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Braw iversitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya rawijava rawijava rawijava

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Universit Yari Fahmawati, 2013. Proses Pembentukan Kata pada Register di Newslettersitas Brawijaya ers Duniafitnes.com. Program Studi Sastra Inggris, Universitas Brawijaya: (I) Itas UniversitIsmarita Ida Rahmiati, (II) Didik Hartono.va Universitas Brawijava Universitas Brawijava Kata kunci: proses pembentukan kata, register, newsletter. Brawijava Universitas Universitas BraManusia sebagai individu dan makhluk sosial sangat tidak mungkin untuk tidak menggunakan bahasa sebagai alat untuk berkomunikasi dan berinteraksi dengan orang lain. Bahasa tidak hanya berfungsi sebagai media komunikasi, tetapi juga berfungsi sebagai fitur khusus dalam kehidupan sosial. Bahasa dan masyarakat merupakan komponen yang tidak dapat dipisahkan dan hubungannya bisa dilihat melalui efek dari faktor sosial pada bahasa dan masyarakat itu sendiri. Tingkah laku manusia pada masyarakat menggambarkan ekspresi dari ide ataupun perasaan mereka. Bahasa terdiri dari beberapa jenis, seperti dialek, gaya bahasa, logat, register, dan sebagainya. Register adalah bentukan dari bahasa yang mempunyai ciri-ciri tersendiri berdasarkan pekerjaan atau kelompok sosial. Stas Register bisa terjadi pada ucapan, pembicaraan umum, atau percakapan. Bisa juga sitas Bi terjadi pada bahasa tertulis seperti artikel, buku dan karya sastra. Pada studi ini, Sitas penulis meneliti tentang register yang ada di bahasa tertulis, yaitu di newslettersitas Duniafitnes.com. Dalam newsletter ini, penulis bisa menemukan dan menganalisis jenis-jenis dari register tentang fitnes secara jelas. Dari register fitnes tersebut, penulis menganalisis proses pembentukan kata yang termasuk dalam aspek morfologi. Masalah yang dibahas dalam studi ini adalah (1) Register apa yang ditemukan di newsletter Duniafitnes.com? (2) Jenis pembentukan kata apakah yang digunakan dalam register di Duniafitnes.com?

Dalam studi ini, penulis tertarik untuk menganalisa proses pembentukan kata pada register karena proses pembentukan kata adalah studi dari proses istilahistilah baru yang berubah menjadi bahasa (Yule, 2006). Tujuan dari studi ini Brawijaya adalah untuk meneliti tentang register fitnes dan artinya, dan juga prosessitas Brawijaya ersi pembentukan kata yang ditemukan di newsletter Duniafitnes.com dari edisisitas Brawijaya ersi Januari sampai April tahun 2013. Penulis menggunakan teori dari Yule (2006) sitas Brawijaya Universituntuk menganalisa data? (Suusa) Universitas Br Studivini menggunakan pendekatan kualitatif. SHasilvpada studivinisitas Br Universi ditemukan 40 register tentang fitnes pada newsletter Duniafitnes.com. Jenis darisitas B Universi proses pembentukan kata tersebut adalah Borrowing (40 kata), Multiple Processes [Iniversi (12 kata), Compounding (10 kata), Acronym (1 kata) and Derivation (1 kata). Borrowing merupakan proses pembentukan kata yang paling dominan digunakan. Hasil dari studi ini diharapkan dapat memberikan manfaat untuk peneliti selanjutnya yang tertarik untuk mempelajari pada area yang sama. Penulis berharap peneliti selanjutnya untuk mengambil obyek dari hobi lain selain fitnes. Universitas Brawijaya Universitas Brawijaya

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 5.1 Conclusion
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rawijaya	Universit communicate or interact with other people without language as an instrument. Sitas Brawijay
rawijaya	Universita Universitas Brawijay
rawijaya	Universi Wardaugh (2006, p.1) says "When two or more people communicate with each sitas Brawijay
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rawijaya	Universit code. In most cases that code will be something we may also want to call asit as Brawijay
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rawijaya	Universit functions as a special feature from the social existence. Language and society are sites Brawijay
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rawijaya	Universitas Brawijay on language and the society. People's social behavior in society can be reflected Universitas Brawijay
rawijaya	Universitation of their idea and feelings.
Irawijaya	Universitas Brawija
rawijaya	Universitas Br Language exists in a number of varieties, such as dialect, style, slang, sitas Brawijay
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rawijaya	Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya
rawijaya	Universit background talk to each other in different ways. The differences may come aboutsitas Brawijay
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rawijaya	Universitas Brawijaya in dialect, speed, intonation, volume (loud or weak) or vocabulary. Some words Universitas Brawijay
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rawijaya	Universite difficult to be understood for common people. Registers are sets of languagesitas Brawijay
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Universitas Brawijaya **Universitas Brawijava** items associated with discrete occupational or social groups. Surgeons, airline Universitas Brawijaya Universitas Brawijaya Universi Universi pilots, bank managers, sales clerks, jazz fans, and pimps employ different registers it as (Wardaugh 2006, p. 52). Then Fromkin et al. (1996, p. 312) says that register is Universithe term used for a variety of language determined by subject matter. Mostsitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitin conclusion, register can be stated as a secret language to exclude the outsiders Universit of the community. It means that register cannot be separated from the communitysit to be as an identity of the group without which the community will not have ersit special characteristics. Register may occur both in one language such as utterances, publicspeech, or conversation and written language such as article, editorial book and Universi literature. In this study, the writer investigates register in written language, that is sitas the newsletter Duniafitnes.com Newsletter because in written text the writer can Universifyind and analyze the register variables clearly. In learning registers, we will find some studies about language; one such study is morphology. Morphology is "the study of morphemes and their Universitarrangements in forming words. Morphemes are the minimal meaningful unitssitas Brawijaya vijava which may constitute words or parts of words, e.g re-, de-, un-, -ish, -ly, -ceive, mand, tie, boy, and like in the combinations receive, demand, untie, boyish, Universitlikely." (Nida 1982, p. 1). From the fitness registers, the writer analizes the wordsit as Br formation processes which constitutes one of morphology aspect. Here, the writer uses the theory of word formation processes by George Yule (2006) because the Universitas Brawijaya rawijava

Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya University writer assumes that the theory of George Yule simpler than another theory such as Brawijaya University Brawijaya Universit from Akmajian, Brown and Attardo, etc.aya Universitas Brawijaya Universitas Brands is part of exercises which done regularly and periodically to form rawijaya Universi the physical body and muscles in order to maintain the vitality of body. The rightsitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universit Nowadays, fitness being a life style and hobby for some people. Fitness can be as Brawiiava Universitas Brawiiav Universitone option of sport that people can do almost every day. In particular, people insitas Universitas Bra fitness field start to use and create a new meaningful language related to fitness WI, Universitactivities. Fromkin et al. (1996, p. 324) describe: Just as the use of some words may reflect society's views toward sex, natural bodily functions or religious beliefs, so also some words maysitas Brawijaya reflect racist, chauvinist, and sexist attitude in society. The language itself is not racist or sexist, but reflects these views of various sectors of a Brawijaya society. Such terms, however, may perpetuate and reinforce biased views, sites and be demeaning and insulting to those addressed. Popular movements Universitas Br and changes in the institutions of society may then be reflected by changes it as Brawijaya Universitas Brain the language. Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Br From the description above, the writer can conclude that the developmentsitas Brawijaya of language can be influenced by the society or the user of the language based on Universit the activity that they use. The development of the language itself can be about the sitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya

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Universitas Brawijaya Universitas Brawijava University vocabulary. It means that fitness has it own vocabulary related to its activities. ersitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universit Those new vocabulary is called registers va Universitas Brawijava Duniafitnes.com Newsletter is one of newsletters that includes information Universitabout exercises, lifting load guide, diet and all about fitness information. It is asitas Brawijaya Universitas Brawijaya Universitas Brawijaya and trusted newletter about comprehensive fitness (http://gurubisnisonline.com/duniafitnescom-info-terlengkap-dan-terpercaya-Universitseputar-fitnes-dan-kesehatan/). We can get the information on Duniafitnes.com from the website (http://duniafitnes.com/) or the newsletter that publishes once or sometimes twice in a month. Duniafitnes.com can be a good source of fitness Universi information since the content has given a great contribution by giving much_{sitas} information and knowledge about fitness in its article. This newsletter always Universit gives the most up to date tips about fitness. People can get this newsletter free insitas rawijava almost all fitness center/gym around Indonesia (DennySantoso.com). So, the rawijava Universit writer concludes that this newsletter has inspired many people who want to learn Sitas Brawijaya Universimore about fitness to do the exercise. The writer take only fitness registers from eight articles of Duniafitnes.com Newsletter in January until April 2013 editions Universi because this is the newest edition and there are some up to date information aboutsitas Brawijaya Universitfitness guide. Universitas Brawier analyses the registers found in *Duniafitnes.com Newsletter* Universitas Brawiers as Brawiers as Brawiers as Brawiers as Brawi Universi because there are fitness terms that the reader may not understand the meaning.sitas Brawijaya The writer lists the registers and then find out the meaning of it. Hopefully it can ersitas Brawijaya make the reader understand more about the meaning of the terms. The data of the Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijava Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijava

Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** University study are written in Bahasa Indonesia because the newsletter is published in Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universit Indonesia and its reader are mostly are Indonesians arsitas Brawijaya rawijaya Universitas Brawijaya Thus, since this study is intended to discuss the word formation processes Universitas Brawijaya rawijaya rawijaya rawijaya Universitin the registers used in Duniafitnes.com Newsletter, the writer titles her study assitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya "Word Formation Processes of Registers Used in *Duniafitnes.com Newsletter*". It rawijaya Universities expected that this study will give more understanding about word formation stars Brawijaya Universi processes and the meaning of fitness registers. This study can hopefully be used assitas Brawijava Universitas Brawijaya an additional reference for further researchers who are interested in conducting a Universit study about registers. Iniversitas Brawijaya rawijaya 1.2 Problems of the Study Based on the background of the study above, the problems of the study aresitas Brawijaya rawijaya formulated as follows: rawijaya Universitas a. What are the registers found in *Duniafitnes.com Newsletter*? What are the word formation processes found in the registers of sitas Brawijaya b. **Universitas Brawijaya** Duniafitnes.com Newsletter? Universit 1.3 Objectives of the Study **Universitas Brawijaya** Universitas Branch objectives of this research are: Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijava rawijaya Universitas a.r To find out the registers found in Duniafitnes.com Newsletter va b. To describe the word formation processes found in the registers of rawijaya Universitas Brauniafitnes.com Newsletter awijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya

Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universit1.4 Definition of Key Terms Brawijaya Universitas Brawijaya Universitas Brawijaya There are four definitions of key terms that are related to this study, they Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitae:Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas a. Register are sets of language items associated with discrete occupational Universitas Bray social groups (Wardaugh 2006, p. 52). **Universitas Brawijaya** Universitas b. Word formation processes is the study of the processes whereby newsitas Brawijava words come into being in a language (Yule 2006, p. 52) Universitas Brawijaya Universitas Fitness is part of exercises which done regularly and periodically to form Sitas Brawijaya c. the physical body and muscles in order to maintain the vitality of body.sitas Brawijaya The right supplements and proper nutrition will help the performer to reach the fitness goals. d. Duniafitnes.com Newsletter is a fitness newsletters that contains of information about exercises, suplement information, workout guide, diet Brawijaya

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and all about fitness information. The author is Denny Santoso who is a Brawijaya fitness expert who has 13 years experience in Indonesia Fitness Industry.

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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya **REVIEW OF RELATED LITERATURE** wijava Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brain this chapter there are four theories related literatures that will besitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas and explained. Those theories are sociolinguistics, register, word Universit formation processes, and definition of Duniafitnes.com Newsletter and previous Universit study underlying this study. BRAW, **Universitas Brawijaya Universitas Brawijaya** Universit_{2.1} Sociolinguistics Yule (2006, p. 205) emphasizes that "The term sociolinguistics is used generally for the study of the relationship between language and society". Then, UniversitWardhaugh (2006, p. 13) states that sociolinguistics is concerned withsitas Brawijaya rawijaya investigating the relationships between language and society with the goal being a Universit better understanding of the structure of language and of how languages function insitas Brawijaya Universi communication. Moreover, Chambers (2002, 2003 cited in Wardhaugh 2006, p.sitas Brawijava 15) emphasizes that sociolinguistics is that branch of linguistics which studies just Universitas Bra Universithose properties of language and languages which require reference to social, sitas Brawijaya including contextual, factors in their explanation. Moreover Hudson (1996, cited sites B in Wardaugh 2006, p. 13) describes the definition of sociolinguistics is the study rawijaya Universitof language in relation to society Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Based on the definition related to sociolinguistics above, it can be Universit concluded that sociolinguistics is the branch of linguistics studies that helps us to sit Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universi understand the society from language perspective. Moreover, sociolinguistics is it as Brawijava Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya

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Irawijaya	Universit the study of language in relation to society. In other words, in sociolinguistics we be a brawijay.
rawijaya	Universitatudy language and society in order to find out as much as we can about what kindsitas Brawijay
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rawijaya	Universi purpose or in a particular social setting. As with other types of language variation, sitas Brawijaya
rawijaya	Universitian Brawing there tends to be a spectrum of registers rather than a discrete set of obviously sitas Brawing and the set of obv
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rawijaya	Universit distinct varieties – there is a countless number of registers that could be identified, sites Brawijay
rawijaya	Universita Universitation is a complex problem, and sitas Brawijaya
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rawijaya	Universi even in the general definition of "register" given above (language variation
rawijaya	Universita S Iniversitas Brawijaya
rawijaya	Universidefined by use not user), there are cases where other kinds of language variation, sitas Brawijay
rawijaya	Universit such as regional or age dialect, overlap. Ferguson (1994 cited in Wardhaugh 2006, Universit
rawijaya	
rawijaya	University, 60) says, 'People participating in recurrent communication situations tend to sitas Brawijay
rawijaya 	Universitas Universitas Brawijaya
rawijaya 	Universi develop similar vocabularies, similar features of intonation, and characteristic bits itas Brawijay
rawijaya	Universities B of syntax and phonology that they use in these situations.' This kind of variety is a
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rawijaya	in any study of language varieties. Registers are sets of language items associated
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rawijaya	Universi identity of the group that becomes a special characteristic of the group it self, and sitas Brawijaya
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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya University to establish the relationship between in-group membership. In conclusion, register Universitas Brawijaya Universitas Brawijaya Universitis a way to express the feeling of the community and also to have their on specificsitas Brawijava rawijaya Universitas Brawijaya Universitas Brawijaya language. Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya 2.3 Word Formation Processes Universitas Brawijaya Universitas Brawijaya Universitas Bravia Bravia Bravia Universi formation processes theory, since word formation processes is the study of thesitas Brawijava process which is new words come into being a language as stated by Yule (2006, Universitp.52) The writer uses word formation theories by Yule since the process of sites Brawijaya becoming the register is related to the structure and that is included in a linguistic. rawijaya UniversitYule (2006, p. 52) describes that word formation processes is the study of thesitas Brawijaya rawijaya processes which is new words come into being a language. Yule divides English rawijaya Universitword formation into coinage, borrowing, compounding, blending, clipping, sitas Brawijaya Universi backformation, conversion, acronym, derivation and multiple processes. Universit2.3.1raCoinage Universitas BraYule (2006, p. 53) states that coinage is the invention of totally new terms. sitas B The process of coinage usually involves the addition of a product name which Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universi become general terms (without initial capital letters). sitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya For example: *xerox, aspirin, nylon and zipper* Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universit2.3.2 raBorrowing Iniversitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya rawijaya

Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitian Bryule (2006, p. 54) states that borrowing is the taking over the words from Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitother languages. Further, Brown and Attrado (2006, p. 31) says that "languages insitas Brawijava rawijaya Universitas Brawijava contacts borrow words from each other. It maybe that one language does not have Universitas Brawijava rawijaya rawijaya Universita word for a new product or concept" vijava Universitas Brawijava Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya For example: alcohol is taken from Arabic, boss is taken from Dutch, piano is Universitaken from Italian Unive **Universitas Brawijava** BR Universitas Bravi Universitas Compounding **Universitas Brawijaya Universitas** Yule (2006, p. 54) states that compounding is a joining of two separate Sitas Brawijaya Universi words to produce a single form. Further, Brown and Attardo (2006, p. 30) arguessitas Brawijaya that compunding is another techniques is that of putting two old words together to rawijaya Universitmake a new one. For example: book and case are combined to produce bookcase, finger and print rawijaya Universitare combined to produce fingerprint Universitas Universitas Blending Universitas Brayule (2006, p.55) describes that combining of two separate forms tositas Brawijaya Universi produce a single new terms also presents in the process called blending. Further, sitas Brawijava Brown and Attardo (2006, p. 30) say that "new words can also be created by the Universitas Brawijaya Universi blending of two existing words. Brawijaya Universitas Brawijaya Universitas Brawijaya For example: brunch (from *breakfast* and *lunch*), edutainment (from *education* rawijaya Universit and entertainment), motel (from motor and hotel) versitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya srawijaya

Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijay** Universitas Brawijaya Universitas Brawijaya Universitas Braipping rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawiava Universitas Brawiava Universitas Brawiava Yule (2006, p. 55) states that the element of reduction that is noticeable in Universitas Brawiava rawijaya rawijaya Universi blending is even more apparent in the process described as clipping. Then, Brownsitas Brawijaya rawijaya Universitas Brawijaya rawijaya Universitionger word". mik UniversitFor example: humb from (<humburger), mike from (<microphone), cab from itas Brawijava (<cabriolet) **Universitas Brawijaya** Universi 2.3.6 Backformation niversitas Brawijaya Yule (2006, p. 56) states that backformation is known as a very specialized Universitype of reduction process. Brown and Attardo (2006, p. 30) argue that new wordssitas Brawijaya rawijaya are unconciously created by speaker when they no longer analyze a word in its rawijaya Universit contituent morphemes and instead break it down according to the way it "looks"." Universi For example: donate from donation, opt from option, emote from emotion Universitas Brawiava Universit2.3.7 Conversion **Universitas Brawijaya** Universitas BraYule (2006, p. 56) states that conversion is the changing function of a sitas University word, for example, when a noun comes to be used as a verb (without any **Universitas Brawijaya** Universitreduction) jaya Universitas Brawijaya Universitas Brawijaya For example: the word *paper* as a noun comes to be used as a verb as in the rawijaya rawijaya Universit following sentence; He's papering the bedroom walls sitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya

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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitian Branchist The term suggests bound morphemes that have been inserted within a Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Braword. In brief, infixes are acomplished by inserting affixes inside anothersitas Brawijava Universitas Brawijaya word. For example: *unfuckingbeliveable!* Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **2.3.10 Multiple processes** as Definitional Universitas Brawijaya Universitas Brawijaya Universitas Byule (2006, p. 58) states that multiple processes is to trace the operation of as Brawiiava Universitmore than one process at work in the creation of a particular word, jaya For example: the term becomes a common American English expression via a process of first 'borrowing' delicatessen (from German) and then 'clipping' that Sitas Brawijaya Universi borrowed form. hiversitas Brawijaya Universi 2.4 Duniafitnes.com Newsletter Duniafitnes.com Newsletter is a of newsletters composed by Denny rawijaya UniversitSantoso who is a fitness expert who has 13 years experience in Indonesia Fitness Brawijaya Universident Industry. This newsletter contains of information about exercises, suplementates Brawijava information, workout guide, diet and all about fitness information. This newsletter Universitis published once or sometimes twice a month. This newsletter hopefully can helpsitas Brawijaya Universimany people with all of the important information. Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universit2.5 Previous Studies iversitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Before starting to write this study, the writer has conducted a library sitas Brawijaya Universit research. Based on the result of observation, the writer found some studies which Sitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitive relevant to her study. The writer took two thesis, the first one is from Risnastas Brawlay rawijaya Universitas Brawijaya rawijava Universitas Brawijava Universitas Brawijava

Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijava Universitas Brawijava Universitas Brawijava Universit (2012) entitled "A Study on Registers Used by Oriza FM Radio Community at ersitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universi Universit The University of Brawijaya", then the second is Whina Anugraheni Maharanisita (2012) entitled "Word Formation Processes of Photography Jargon in Digital rawijaya Universi Camera World Magazine". These studies will be used as references in this study. Isitas Bi Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universit community in the University of Brawijaya. After that she find out the meaning of Universitit. She used the theory of register by Wardaugh (2006). The data of her study are it as the connotation terms of registers used by Oriza FM radio community in the broadcasting program. Then the finding of her study are the denotation meaning Universi of registers used by Oriza FM radio community in the broadcasting program. After she found the denotation meaning, she analized the meaning of the registers Universititself based on the explanation in the interview, the books related to the radio, the dictionary and website. Then, the second previous study is from Whina Anugraheni Maharani Universi (2012) entitled "Word Formation Processes of Photography Jargon in Digital Camera World Magazine". In her study she tried to identify what are the jargons Universitused in Digital Camera World magazine. Then, she found the meaning of those register and finally analyzed the word formation processes used in the jargon. Whina used the theory of word formation processes by Akmajian and Brown and rsitas Brawijava Universitas Brawijava Universitas Brawijava Universi Attardo. The data of her study are the photography jargons used in Digital Camerasitas World Magazine. Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Sites Br The similarity between the writer's study and Risna's is that of the studies discussed registers from the theory of registers by Wardaugh (2006). The writer Universitas Brawijava Universitas Brawijava Universitas Brawijaya Universitas Brawijaya **Universitas Brawijava** Universitas Brawijava

Universitas Brawijaya **Universitas Brawijava** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universit concern in analyzing the word formation processes. Both of the studies also ersitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Universi analized the meaning of the registers by interview and check in the related booksitas and dictionary. This study use document analysis since the writer analyzed the Universi registers found in Duniafitnes.com Newsletter, but Risna's did an obserservationsitas Braw Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Br Universito find out the registers used by Oriza FM radio community. In Risna's study, the sitas Br data of the study concern on the connotation terms of registers that found in stass Universitbroadcasting program. Then she analyzed the dennotation meaning of the terms.sitas Meanwhile, the finding of the writer's study concern on the registers, the meaning ersit and the word formation processes used in the registers itself. Compared to Whina's, her study helps the writer understand how to analyze and classify the word formation processes althought both studies have Universi different object, that are jargon and register. Whina used the theory of wordsitas formation processes by Akmajian and Brown and Attardo meanwhile the writer Universituse the theory from George Yule (2006). Both of the studies also take document sitas Brawijaya Universi analysis since Whina analyzed Digital Camera World magazine and the writers analyzes Duniafitnes.com Newsletter. The data of both study are same, those are Universit from document analisys. The different is Whina find out the photography jargonssitas Brawij used in Digital Camera World Magazine and the writer find out the fitness registers in the articles of Duniafitnes.com Newsletter. In both studies, Universitanalisys of the data are same that are describe the meaning of the terms and then sitas Brawijaya identify the terms based on the theory of word formation processes. **Universitas Brawijava** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya

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Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Newsletter" has not been previously dealt by other writers. Universitas Brawijaya **Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya** Universit **Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya** Universitas Brawijaya **Universitas Brawijaya**

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Universitian Brased on the description above, the writer assures that her thesis with the Universitas Brawijaya Universitas Brawijaya UniversititleB "Wordy Formation Processes of Registers Used Bin Duniafitnes.com itas Brawijava

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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Univers RESEARCH METHODS it as Brawijava Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brain this chapter discusses about the type of research, data source, datasitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Collection and data analysis that the writer conduct in her study. Universit 3.1 Type of Research Universitas Bray This study is qualitative. The writer conducted qualitative research since Universit the study is collecting the form of words of registers used on Duniafitnes.com Sitas Brawijaya University Newsletter. Ary et al. (2002, p. 422) say "qualitative inquiry seeks to understand_{sitas} Brawijaya human and social behaviour from the "insider's" perspective—that is, as it lived Universi University participants in a particular social setting (for example, a culture, school, sitas Brawijaya Universite community, group, or institution)". The type of the research is descriptive qualitative since the writer Brawijaya Universi described the meaning of the registers and the word formation processes used onsitas Brawijava Duniafitnes.com Newsletter. The analysis of this research is document analysis Universi because the writer analyzed the text as the data from Duniafitnes.com Newsletter.sitas Brawijaya wijaya Universitas Brawijaya UniversitAry et al. (2002, p. 442) say that "content or document analysis is a research sitas B method applied to written or visual materials for the purpose of identifying Universit specified characteristics of the material. The materials analyzed can be textbooks, sitas Brawijaya newspaper, speeches, television programs, advertisements, musical compositions, ersit or any of host of other types of documents". Universitas Brawijaya rawijava

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rawijaya	Universitas BraThe data Usources of this study is the fitness Bregisters found insitas Brawijay
rawijaya	<i>Duniafitnes.com Newsletter</i> that was published from January until April 2013.
rawijaya	Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya
rawijaya	Universi The writer choosed this edition since this edition is the newest edition that it as Brawijay
rawijaya	Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya
rawijaya	introduced the up to date fitness techniques. Duniafitnes.com Newsletter consists Brawijay
rawijaya	Universit of some articles such as health information, healthy recipe, suplement information
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rawijaya	Universi and workout guide. The writer used eight articles of Duniafitnes.com Newslettersitas Brawijaya
rawijaya	Universities Brawing that was published from January until April 2013. The writer choosed two column
rawijaya	Universitas Br
rawijaya	Universitin every edition of newsletter, those are in the column of suplementasi and sitas Brawijaya
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rawijaya	University content of suplement and the information about what suplemment that advise to
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rawijaya	Universi consume. Then workout guide is an article that describes the technique of fitness it as Brawijay
rawijaya	exercises. The writer choosed those two column of articles because she assumed Universite Brawijaya
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rawijaya	Universithat she could find various fitness registers that may be needed by readers. Sitas Brawijay
rawijaya	Universitas Universitas Brawijaya Universitas Hopefully it can help the readers to understand the meaning of the registers. niversitas Brawijaya
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rawijaya Irawijaya	Universitas Bra Universit3.3 Data Collection
rawijaya	Universitas Brawija, wijaya Universitas Brawijaya
rawijaya	Universitian Bran this study, the writer formulated some steps to collect the data. The stas Brawijay
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rawijaya	Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya
rawijaya	Universitas R. Found the newsletter used as the source of the data in the study. Universitas Brawijaya
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rawijaya	Universitas Brawijaya 2. Choosed the articles of the newsletter. The writer used eight articles of Universitas Brawijaya
rawijaya	Universitas Brouniafitnes.com Newsletter that was published from January until Aprilsitas Brawijay
rawijaya	Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya
rawijaya	Universitas Br 2013. The writer choosed two articles in every edition of newsletter, those stas Brawijaya
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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brave are in the column of suplementasi and workout guide. The writer choosed sites Brave average and suplementasi and workout guide. Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Br those two column because she assumed that she will find more various it as Brawijava Universitas Brawijaya rawijaya Universitian 3. Read the whole texts of the eight articles of *Duniafitnes.com Newsletters* it as Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya that was published in January until April 2013. Itas Brawijaya Universitians 4. Identified the register used in the texts. The writer consulted the expert of Universitas Brafitness to decide the words as fitness registers or not. They are three fitness itas Brawijava personal trainers who have more than 3 years experince as personal in the second trainer. hiversitas Brawijaya 3.4 Data Analysis rawijaya Data analysis is the process to find out the answer to the problems of thesitas Brawijaya study. In analyzing the data, the writer followed several steps: rawijaya Universita Listing the Fitness Registers and Looking at the Meaning The first step in analyzing the data is listing the fitness registers tas Brawijaya from the two articles of Duniafitnes.com Newsletter that was published in Universitas Braanuary until April 2013. Then, the writer looked at the meaning of the fitness registers. Universitas Bravijaya There are some steps in identifying the meaning of fitness registers: Universitas Brawijaya Universitas Brawijaya Universitas Brawia. J Identifying the meaning of derived words of fitness registers found sitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas in *Duniafitnes.com Newsletter* by using related fitness book. That rawijaya Universitas Brawijay is Body for Life (1999). Body for Life is a book about 12 weeksitas Brawijay Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijav nutrition and exercise program created by Bill Phillips. Body for stas Brawijava rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya srawijaya

Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijay Life is a one of ten bestselling books about fitness in about.com Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijav version (Exercise Books.htm). Bills phillips is an Americansitas Brawijava entrepreneur, fitness expert, former competitive bodybuilder and Brawijay Universitas Brawijaya Universitas Brawijava rawijaya Universitas Brawijay owner of EAS, a manufacturer of nutritional supplements. He issitas Brawijay Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya^{also} an author of some books about fitness and exercises such as sitas Brawijaya Universitas Brawijay Body for Life, Eating for Life and Transformation: The Mindset Universitas Brawijay You Need. The Body You Want. The Life You Deserve. The writersitas Brawijay chooses this book since it explains the meaning of fitness registers. It also contains fitness terms glossary. It helps the writer to find the meaning of the registers easily. b. Interviewing three knowledgeable persons about fitness. They are fitness personal trainers in Malang who have known about fitness it as Brawijaya and have more than 3 years experience as personal trainer. The writer assumed by having training in more than three years, the Sitas Brawijaya fitness personal trainers may understand some of the registers Brawijaya meanings used in fitness communication. The writer visited UB Sport Club House as the location of the fitness personal trainers sitas Brawijaya The writer asked some questions about the meaning of fitness. registers to them by giving questionair. Universitas Brāwijāva Universitas Brawijava **Universitas Brawijaya** Uni The writer list and look at the meaning of fitness registerssitas Brawijava Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya

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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brable 3.1 The Example of Table To List and Look at The Meaning of Registersitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Edition / Sentences Registers Universitas Brawliava Registers Meaning rawijaya column (English) rawijaya Universitas Brawijava Universitas Brawijava as Brawijaya rawijaya rawijaya Universitas Brawijava Universitas Brawijava as Brawiia Universitas 2. Classifying and Discussing the Fitness Registers Based on Word Sitas Brawijaya Universitas BraFormation Processes After listing and identifying the meaning of the registers, the writer classified the data into the group of word formation processes based on Sitas Brawijaya Yule's theory. The writer classified the data into the group of wordsitas Brawijaya rawijaya hiversitas Brawijaya formation processes by using the following table: rawijaya Table 3.2 The Example of Table To Group Based on Word Formationsitas Brawijaya Processes rawijaya Word Formation No. Fitness registers Edition / column Processes Universitas Brawijaya 4.1 A 5 **Universitas Brawijaya** Universitas Brawijaya formation After grouping the registers on word Universitas Braccording to the Theory of George Yule, the writer analyzed the wordsitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya formation processes found in Duniafitnes.com Newsletter. The writer Universitas Bradiscussed the registers based the group of word formation processes. rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas 3 raDrawing conclusionitas Brawijava Universitas Brawijava Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya **Universitas Brawijaya** Universitas Brawijaya srawijaya

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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijava Universitas Brawijava Universitas Brawijaya Universitas Brawijaya **Universitas Brawijava** Universitas Brawijaya **Universitas Brawijava** UniveFINDING AND DISCUSSION'S Brawijava Universitas Brawijaya Universitas Brawijaya Universitas Brathis chapter discusses mainly the findings of the study and the explanation sitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijava Universit The findings reveals the data of the study and covers data analysis. Meanwhile, s Brawiiaya Universithe discussion covers summary and conclusion of the findings. awijava BRAW, **Universit4.1 Findings** The findings answer the problems of this study. The first problem of the study concerns with the fitness registers found in Duniafitnes.com Newsletter and Universito analyze the meaning of the registers itself, and the second problem of the studysitas concerns with the types of word formation of fitness registers found in Universit Duniafitnes.com Newsletter. The data for this study were taken from the fitness Brawijaya Universi registers found in the articles of Duniafitnes.com Newsletter that was published from January until April 2013. The writer take eight articles of Duniafitnes.com Universit Newsletter that was published from January until April 2013. The writer choosessitas Brawijaya two articles in every edition of newsletter, those are in the column of suplementasising and workout guide. Here, the the writer presents table 4.1 on page 22-27 as the Universit finding in this study liversitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawieva The table of finding contains the related sentences of the articles, the Universit ersi register itself, the register in English and the meaning of the registers that the stas Brawijay Universitas Brawijaya Universitas Brawijaya

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rawijaya l	Universitas	workout guide	Jumping Jack	aya Univer	rsitas Brawij	of an exercise after	rawijaya
rawijaya l	Universitas	Brawijaya Ur	Dumbell Flies	aya Univer	rsitas Brawij	which you take a brief rest period. This exercise	rawijaya
	Universitas	Brawijaya Ur	niversitas P	- Univer	, rsitas Brawij	is combining two or as B	rawijaya
Irawijaya l	Universitas	Brawijaya Ur	niver	·e.	sitas Brawij	more exercises. Sitas B	
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Irawijaya l	Universitas	Br	Dumbell Flies	742		These are normally lifted with one arm.	rawijaya
lrawijaya l	Universi <mark>tas</mark> ∡		**	<u></u>	N. 1	Universitas B	rawijaya
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rawijaya	Universitas	Brawijaya Ur	niversitas Brawij	aya Univers	sitas Brawij	Many of them function as supporting a multitude	Brawijay
rawijaya	Universitas	Brawijaya Ur	niversitas Brawij	aya Univers	sitas Brawij	of biological functions.	
rawijaya	Universitas 20.	Brawijaya Ur	vitamin C	aya Univer	Antioxidants	Small compounds that	awijay
rawijaya	Univers tas	January (second edition) /		Antioksidan aya Univers	1.1 125 1.1	minimize tissue Stras	Brawijay
rawijaya	Universitas	Suplementasi	antioksidan yang	Univers	, sitas Brawij	oxidation and help as	3 <mark>rawijay</mark>
rawijaya	Universitas	Brawijaya Ur	efektif untuk	vers	, sitas Brawij	control free radicals and	
rawijaya	Universitas	Brawijaya 🕌	melawan radikal bebas.		as Brawij	their negative effects. aya Universitas E	Brawijay
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rawijaya	Universitas	January (second	Vitamin C	Radikal	Free radical	A radical that has an	Brawijay
rawijaya	Universitas	edition) / suplementasi	merupakan antioksidan yang	bebas		electron without any pair.	Brawijay
rawijaya	Universitas		efektif untuk	塾	\mathcal{V}	Universitas E	Brawijay
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rawijaya	Univers		<u>bebas</u> .			niversitas E	Brawijay
rawijaya	Univers 22.	January (second	Fungsi vitamin C	Metabolisme	Metabolism	The use of nutrients by	
rawijaya	Universit	edition) /	selanjutnya adalah		V	the body. It's the process	Brawijay
rawijaya	Universit	suplementasi	membantu metabolisme	11 2 2 2		by which subtances come into the body and	Brawijay
rawijaya	Universit		kolesterol menjadi	RI T		the rate at which they are	Brawijay
rawijaya	Universita		asam empedu,			^{used.} Universitas E	Brawijay
rawijaya	Univers t _{23.}	January (second	4. Mengendalikan	Kolesterol	Cholesterol	A type of fat that, tas	awijay
rawijaya	Universitas	edition) /	kadar <u>kolesterol</u>		-	although most widely	Brawijay
rawijaya	Universitas	suplementasi				known as a "bad fat"	Brawijay
rawijaya	Universitas	ВЛ		L L		implicated in promoting heart disaese and stroke,	Brawijay
rawijaya	Universitas	Bra				is a vital componentin	
rawijaya	Universitas	Braw			j	the production of many	Brawijay
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rawijaya		edition) /	biosintesis molekul	5	2	aya Universitas E	Brawijay
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rawijaya	Universitas I	suplementasi	kecil seperti protein	ava Univers	itas Brawii	enzymes, and some	Brawijay
rawijaya	Universitas I	Brawijaya U	yang disebut Brawi	ava Univers	itas Brawij	hormones. They are	
rawijaya	Universitas I	Brawijaya U	icarnitineas Brawi		itas Brawij	made up of amino acids	
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Irawijaya	Universitas I	Brawijaya U	niversitas Brawi		itas Brawii	growth and repair in the body.	
Irawijaya	Universitas I	Rrawijava II	, niversitas Brawii	ava Univers	itas Rrawii	ava Universitas	Brawijay
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Irawijaya	Universitas I	suplementasi	mengarahkan molekul lemak ke	Line Univers		participate on fat acid transport in to	
Irawijaya	Universitas I	Brawijaya U	sel-sel jaringan di	Vere	itas Brawij	mitocondria.	Brawijay
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rawijaya	Universitas I	edition) /	salah satu variasi	PRA		variation that effectively to train the power and	Brawijay
rawijaya	Universitas,	workout guide	latihan plank yang sangat efektif	*		shape the abs. ISITAS	
rawijaya	Universita			JF-		Iniversitas	Brawijav
rawijaya	Univers	January (second edition) /	<u>plank</u> yang sangat efektif untuk	Plank	Plank	One of exercises to train the power.	Brawijay
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rawijaya	Universita	suplementasi	vitamin D tak			atom's number that	Brawijay
rawijaya	Universita		hanya untuk tulang saja.			create a hard substantion on the bones and teeth.	Brawijay
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rawijaya	Universitas	February /	Kalsium dan	Nutrisi	Nutrition	Component of food that	Brawijay
Irawijaya	Universitas I	suplementasi	vitamin D merupakan 2 (dua)			help nourish the body: that is they provide	Brawijay
Irawijaya		Bra	<u>nutrisi</u> penting yang			energy or serve as	
rawijaya		Braw	selalu dikaitkan			"building materials".	Brawijay
rawijaya	Universitas I	Brawija	dengan kesehatan tulang dan gigi.		wii	These nutrients include carbohydrates, fats,	Brawijay
Irawijaya		Brawijay	tulang dan gigi.		awij	proteins, vitamins,	
rawijaya	Universitas I	Brawijaya U	iversites	u, a omvers	itas Brawij	minerals, water, etc.	
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	Universita	February /	Afterbirth mom	Afterbirth	Afterbirth	An exercise variation	rawijay Prawijay
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Irawijaya	Univers 33.	Eshaven (T		I		
rawijaya		February / workout guide	Lunges	Lunges	Lunges	An exercise that focus to train thigh's muscle	lawijay
rawijaya	Universit						rawijay
rawijaya	Univers t ₃₄ .	February / workout guide	Donkey kick	Donkey kick	Donkey kick	An exercise that focus to train waist and back	
rawijaya	Universita	workout guide	Style STE			thigh's muscle	rawijay
Irawijaya	Universita					Universitas B	
rawijaya	Universit35	February / workout guide	Mummy kick	Mummy kick	Mummy kick	An exercise that focus to train thigh, calf, abs	rawijay
rawijaya	Universitas	workout guide				and shoulder's	rawijay
rawijaya	Universitas	R				muscle. It has the same	rawijay
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rawijaya	Universitas	Brawijaya L	iniversitas Brawija	iya Univers	5	aya Universitas B	
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rawijaya	Universitas	prawijaya C		dumbell curl	dumbell curl	load, that is a pair of	rawijay
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rawijaya	Universita ^{24.} B	January (second	Protein Navijaya Unive	Demessine	Universitas Brawijay
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	38.	Maret / workout guide	Standing zottman dumbbell	Borrowing, compoundi	ng
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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijava Universitas Brawijaya tas Brawijaya Unive multiple processes tas Brawijava Universitas Brawijaya Universitas rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Br Based on the table 4.2 the writer found that there are 1 acronym, 40 sitas Brawijaya borrowing, 10 compounding, 1 derivation and 12 multiple processes. The total Universitas Brawijaya rawijaya Universitamount of multiple processes is 12 includes 1 aspect of acronym, 1 derivation and sitas Brawijaya Universitas Brawijaya Universitas P Universitas Brawijaya Universitas Brawijaya Universi10 borrowing. This part is intended to describe word formation processes of sites Brawijaya Universitas Brawijaya fitness register found in *Duniafitnes.com Newsletter* that was published in January Ws. BRAMINAL **Universitas Bra** Universitas UniversituntiPApril 2013. **Universitas Brawijaya** rawijaya Universit Universi 4.1.1 rawijaya Acronyms Acronym are different from abbreviations in that acronyms used initial rawijaya Universitletters of words or parts of words. The writer found one register that called as an sitas Brawijaya rawijaya Universitacronym. Universitas rawijaya Universitas B. The ATP is an acronym of Adenosnine Triphospate. The shorteningsitas Brawijaya process was done by taking the initial letters of the phrase and the syllable UniversitAdenosnine Triphospate. Then the short form of ATP is pronounced as a single Sitas Brawijaya Universitword, that is ['ei'ti:'pi:] (erstated as a second s **Honversitas Brawijava** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universit4.1.2 raBorrowing Iniversitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitian Borrowing is the taking over the words from other languages. The writer tas Brawing vertices are set of the Universit found 40 fitness registers that are borrowing. The next explanation of the analysis Universities Brawijaya rawijaya Universitis shown below: Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya

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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Bravijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brahe word creatine is derived from Greek word kreas. Kreas means flesh.sitas Brawijava rawijaya Universitas Brawijaya This Greek word adapted into English as *creatine* and people in fitness field in Universitas Brawijaya rawijaya rawijaya rawijaya UniversitIndonesiaijalso called it creatine. The word creatine is pronounced assitas Brawlay rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universit rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Prawijaya Universitas Brawijaya Universitas BraThe word fitnes is derived from English word fitness. People in fitness itas Brawijava field in Indonesia translated and adapted this English word by deleting the letter Universit(s) into fitnes. Iniversitas Brawijaya 3. Performa rawijaya rawijaya The word *performa* is derived from English word *performance*. People insites Brawijaya fitness field in Indonesia translated and adapted this English word into performa. rawijaya Universit₄. Asam Amino rawijaya The word asam amino is derived from English word amino acids. Peoplesitas Brawijaya Universitias Bin fitness field in Indonesia adapted and translated into asam amino. **Universitas Brawijaya Universitas Brawijaya** Universit5.Suplemen Universitas Bramilas Brawijaya fitness field in Indonesia translated and adapted this English word by deleting the Brawliay Universitas Brawijaya Universitletter (t) into suplemen.ersitas Brawijaya Universitas Brawijaya srawijaya Universitas Brawijaya 6. Glycine Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya rawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya

Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Branch The word glycine is derived from Latin that means soybean. This Latin Universi word adapted into English as glycine and people in fitness field in Indonesia alsositas Brawijava called it as glycine. The word glycine is pronounced as $[g | a_1 | si \square n]$ Universit7 sArgininė ava Universitas Brawijava Universitas Brawijava rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universities B. The word arginine is derived from German arginin. This German word Universitadapted into English as arginine and people in fitness field in Indonesia also Universi called it as *arginine*. The word *arginine* is pronounced as $[\alpha \square d\beta] \square na n$ inversitas Brawijava hionine Universitas Brawijaya The word *methionine* is derived from German word *methyl* and Greek^{sitas} Brawijaya Universitas Bravila 8. Methionine Universi word theoin. Methyl means it includes in methyl group and theoin means sulfur.sitas This word adapted into English as *methionine*. People in fitness field in Indonesia Universi Universitadapted this English word by called it as methionine. The word methionine issitas Brawijaya pronounced as [mə-thī'ə-nēn'] Universit9. Phospocreatine The word *phospocreatine* is derived from French *phospho* and Greek word kreas. Phospho means phosporic acid and kreas means flesh. This word adapted Universitinto English as phospocreatine and people in fitness field in Indonesia also called sitas Brawijaya Universities as phospocreatine. The word phospocreatine is pronounced assitas Brawijava University $\beta_{D} = \beta_{D} = \beta$ Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitio: ATPwijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawieva The word ATP is an acronym of Adenosnine Triphospate. This word Universiderived from Greek. Adenosine means glands and triphospate means triphospate Stas Brawlay Universitas Brawijaya srawijaya

Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitacid. This word adapted into English as ATP and people in fitness field in Universitas Brawijaya Universitas Brawijaya Universi Indonesia also called it as ATP. The word ATP is pronounced as ['ei'ti:'pi:] Universitas Brawijaya rawijaya Universitas Brawijaya 11. Diet Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Br The word *diet* is derived from Old French *diete*, from Latin *diaeta* that it as Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas daily meal and from Greek *diaita that means* the way of life. This word rawijaya Universit adapted into English as *diet* and people in fitness field in Indonesia also called it Stas Brawijaya Universitas diet awijas (AS BRA Universitas Braking Universitas Bulking The word *bulking* is derived from English. People in fitness field in Sitas Brawijaya Universitas Brawijaya Iniversitas Brawijaya Universi Indonesia adapted this word. The word bulking is pronounced as [b lk 1 ŋ] iversitas Brawijaya 13. Dehidrasi rawijaya The word dehidrasi is derived from English word dehydration. People insitas Brawijaya fitness field in Indonesia translated and adapted this English word by changing the rawijaya Universit letter (y) with (i) and deleting the letters (tion) and changed with (i) in the end of Sitas Brawijaya Universithe word. Universitas Buperset Universitas Bra Universitas BraThe word superset is derived from English. People in fitness field insitas Brawijaya Universit Indonesia adapted this word. The word superset is pronounced as [su pose t] ersitas Brawijaya Universitas Dumbbell **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas BraThe word dumbbell is derived from English. People in fitness field insitas Brawijaya Indonesia adapted this word. The word *dumbbell* is pronounced as $[d_{\Lambda} m \square be]$ rawijaya Universit 16. Dumbbell Fliesniversitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya

Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brothe word dumbbell flies is derived from English. People in fitness field in Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universi Indonesia adapted this word. The word dumbbell flies is pronounced assitas Brawijava rawijaya Universitas Brawijava Universitas Brawijaya Universitas Brawijaya [dʌ m be] [flaɪ z] Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya rawijaya Universit₁₇: Humping Jack Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brathe word *jumping jack* is derived from English. People in fitness field in sitas Brawijaya rawijaya rawijaya Universit Indonesia adapted this word. The word jumping jack is pronounced as Brawijaya s Brawiiava Universit $[d3 \land mp_1 n] [d3 \& k]$ TAS BRA Universitas Universitas Bench Press Universitas Brawijaya The word bench press is derived from English. People in fitness field in Sitas Brawijaya Iniversitas Brawijaya Universi Indonesia adapted this word. The word bench press is pronounced as [bent]]sitas Brawijaya rawijaya [pres] rawijaya Universit19. Vitamin The word vitamin is derived from Latin word vitamine (vita+emine). Vita rawijaya Universit means life and *amine* because they were thought to contain amino acids. This sitas Brawijaya Universi Latin word adapted into English as vitamin and people in fitness field in Indonesiasitas Brawijaya Universitas Black it as vitamin. **Universitas Brawijaya** Universit20. Antioksidan **Universitas Brawijaya** Universitas Brathe word antioksodan is derived from English word antioxidant. People in sitas Brawijaya fitness field in Indonesia translated and adapted this English word by changing the Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitletter (x) with (k) and deleting the letter (t) in the end of the word vijaya Universitas Brawijava Universitas Brawijaya Universitas Brawijaya 21. Radikal Bebas Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya rawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya rawijaya

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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitian Branchistian The word carnitine is derived from Latin word carnus that means flesh. Universitas Brawijaya Universitas Brawijaya Universi This Latin word adapted into English as carnitine. People in fitness field insitas Brawijava rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Indonesia also called it as *carnitine*. Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya rawijaya rawijaya Universit 26. Side Plank Universitas Brawijaya rawijaya Universit Indonesia adapted this word. The word side plank is pronounced as [sai d] Universitas Brawijaya **Universitas Brawijaya** Universit[plæŋk]wijay TAS BR Universitas Braw 27. Plank Universitas Brawijaya The word plank is derived from English. People in fitness field in Sitas Brawijaya Iniversitas Brawijaya Indonesia adapted this word. The word *plank* is pronounced as [plænk] rawijaya 28. Kalsium The word kalsium is derived from Latin word calcis. This Latin wordsitas Brawijaya rawijaya adapted into English as calcium. People in fitness field in Indonesia adapted and rawijaya Universit translated this English word into kalsium. Universit29. Nutrisi The word *nutrisi* is derived from Latin word *nutritus*. This Latin word Universitadapted into English as nutrition. People in fitness field in Indonesia adapted and sitas Brawijaya Universitranslated this English word into nutrisi. Universitas Brawijaya Universitas Brawijaya Universit30. Osteoporosis Universitas Brawijaya Universitas Brawijaya Universitas Brawijava The word *osteoporosis* is derived from Latin word *osteo+phorosis*. Osteo rawijaya Universita means bone and phorosis means porous. This Latin word adapted into English assitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya

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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universita osteoporosis. People in fitness field in Indonesia adapted this English word by Universitas Brawijaya Universitas Brawijaya Universitacalled it as osteoporosis too s Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya 31. Pil Placebo Universitas Brawijaya Universitas Brawijaya rawijaya rawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brathe word *placebo* is derived from Latin word *placeo*. This Latin wordsitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas adapted this rawijaya Universit English word by called it as *placebo* too. Universit32, Afterbirth Mom Exercise **Universitas Bra** Universitas Brawijaya The word afterbirth mom exercise is derived from English. People in Universit fitness field in Indonesia adapted this word. The word afterbirth mom exercise is Sitas Brawijaya pronounced as $[\Box \alpha \Box ft \exists b \Box \theta] [m m] [\Box \epsilon ks \exists z]$ rawijaya 33. Lunges rawijaya The word lunges is derived from English. People in fitness field insites Brawijaya Indonesia adapted this word. The word *lunges* is pronounced as $[l \land nd \exists z]$ rawijaya Universit 34. Donkey Kick The word *donkey kick* is derived from English. People in fitness field insites University BIndonesia adapted this word. The word *donkey kick* is pronounced as $[\Box do \eta k_1]$ Universitas Universitaki kjaw Universitas Brawijaya 35. Mummy Kick Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya rawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya rawijaya

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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universite exercises using free load, that is a pair of dumbell which is very good to shape the stars Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitmuscle of biceps. Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya 10. Bench Dips Universitas Brawijaya Universitas Brawijaya rawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Br The word bench dips is kind of compounding. Bench dips is formed bysitas Brawijava Universitas Brawijaya, Universitas Brawijaya, Universitas Brawijaya, Universitas Combining two words, *bench* and *dips*. *Bench dips* means an exercise that focuses rawijaya Universit to train triceps's muscle **Universitas Brawijaya Derivation** Derivation is the process of forming a new word on the basis of an existing sitas Brawijaya Universitas Brawi Universitas Braviation Universitas Brawijaya Universi word. Dervation devides into two kinds. The first is prefixes and suffixes. Prefixes Brawijaya are bound morphemes that occur before a base, whereas suffixes are bound rawijaya Universi Universitmorpheme that occur after a base. The second is infixes. The term suggests boundsitas Brawijaya rawijaya morphemes that have been inserted within a word. In brief, infixes are rawijaya Universitacomplished by inserting affixes inside another word. The writer found 1 fitness litas Brawijaya Universi registers that are derivation. For the next explanation of the analysis is shown it as Brawijaya Universitas Breese Br **Universitas Braw** Universitas Brawija/a Universitasulkingvija **Universitas Brawijaya** Universitas Brawlay The word *bulking* is kind of derivation. *Bulking* is formed from the word Universitas Brawijaya rawijaya Universi bulk and it has suffixes -ing. The suffixes -ing means progressive or continuous roltas Brawijava rawijaya rawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya rawijaya

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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Braw The word dumbbell flies encounters the process of borrowing and Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universi compounding. The word dumbbell flies encounters borrowing process since this it as Brawijava White the word derived from English. Then, word *dumbbell flies* is kind of compounding. rawijaya Universi Dumbbell flies is formed by combining two words, dumbbell and flies. Dumbbellsitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitusually uses dumbbell as the weight. Universit5. Jumping Jack Universitas Braw The word jumping jack encounters the process of borrowing and Universitas Brawijaya Universit compounding. The word jumping jack encounters borrowing process since this sitas Brawijaya Universi word derived from English. Then, word jumping jack is kind of compounding.sitas Brawijava Jumping jack is formed by combining two words, jumping and jack. Jumping jack Universit means an exercise that focus on fat burning. This exercise needs the balance of thesitas Brawijaya rawijava body. Universit₆. Bench Press The word bench press encounters the process of borrowing and sites Brawiaya Universitas B compounding. The word *bench press* encounters borrowing process since this Universitas B Universitword derived from English. Then, the word bench press is kind of compounding.sitas Brawijaya Universi Bench press is formed by combining two words, bench and press. Bench press means fitness equipment that use to train chest's muscle. This equipment is kind Universitas Brawijava Universitas Brawijava Universitas Brawijava ersitas Brawijava Universit of long seat complete with the stand to put the load ersit as Brawijaya Universitas Brawijaya Universitas Brawiaya 7. Side plank Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brame word side plank encounters the process of borrowing and itas Brawijaya Universi compounding. The word side plank encounters borrowing process since this word sites Brawlay rawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijava

Universitas Brawijaya Universit derived from English. Then, the word side plank is kind of compounding. Side ersitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Universi plank is formed by combining two words, side and plank. Side plank means Onesites of plank exercises variation that effectively to train the power and shape the abs. Universit8: Afterbirth Mom Exercise tas Brawijaya Universitas Brawijaya Universitas B Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Br Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitand compounding. The word afterbirth mom exercise encounters borrowing Universi process since this word derived from English. Then, the word afterbirth momsitas exercise is kind of compounding. Afterbirth mom exercise is formed by combining Universit three words, afterbirth (after+birth), mom and exercise. Afterbirth mom exercise Universi means an exercise variation that woman can do after they have their pregnancy. 9. Donkey Kick The word *donkey kick* encounters the process of borrowing and sitas Brawijaya compounding. The word *donkey kick* encounters borrowing process since this Universit word derived from English. Then, the word *donkey kick* is kind of compounding. Sitas Brawijaya Universi Donkey kick is formed by combining two words, donkey and kick. Donkey kick means an exercise that focus to train waist and back thigh's muscle. Universit10. Mummy Kick Universitas BraThe word mummy kick encounters the process of borrowing and compounding. The word *mummy kick* encounters borrowing process since this Universitword derived from English. The word mummy kick is kind of compounding sitas Brawijaya Mummy kick is formed by combining two words, mummy and kick. Mummy kick means An exercise that focus to train thigh, calf, abs and shoulder's muscle. It sitas Brawijaya Universi has the same function with cardio that is to burn the fat. as Brawijava Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijava

Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitat. Standing Zottman Dumbbell Curl ijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas BraThe word standing zottman dumbbell curl encounters the process of sitas Brawijava Universitas Brawijava borrowing and compounding. The word *standing zottman dumbbell curl* is Universitas Brawijava rawijaya Universiderived from English. The word standing zottman dumbbell curl is kind of itas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Compounding. Standing zottman dumbbell curl is formed by combining four University words, standing, zottman (taken from the name of the person who introduce this Brawijaya s Brawijaya Universitas Brawijaya Universitexercise), dumbbell and curl. Standing zottman dumbbell curl means a bicepsitas Brawijava **Universitas Bra** muscle exercises using free load, that is a pair of dumbell which is very good to Universit shape the muscle of biceps Universi 12. Bench Dips iversitas and The word bench dips encounters the process of borrowing Universi compounding. The word bench dips encounters borrowing process since this sitas Brawijaya word derived from English. The word bench dips is kind of compounding. Bench Universit dips is formed by combining two words, bench and dips. Bench dips means Ansitas Brawijaya Universi exercise that focus to train triceps's muscle Universit4.2 Discussion Universitas Bratis part talking about the general point of findings. This study discusses about the word formation processes of registers found in *Duniafitnes.com* Universi Newsletter that was published from January until April 2013. The writer found 40sitas Brawijava Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya fitness registers included in types of word formation processes in eight articles of Universi Duniafitnes.com Newsletter. The writer chooses two articles in every edition of itas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universi newsletter, those are in the column of suplementasi and workout guide. Based on stars Brawlay rawijaya Universitas Brawijaya srawijaya

Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitive type of word formation processes, there are five types of word formation stars Brawijaya Universitas Brawijaya Universitas Brawijaya Universi processes occuring on those articles of Duniafitnes.com Newsletter in Januarysitas Brawijava until April 2013 namely acronym, borrowing, compounding, derivation, and rawijaya Universitmultiple processes. Iniversitas Brawijaya Universitas Brawijaya The Number of Fitness Registers in Found In Duniafitnes.com Table 4.3 Newsletter Published in January until April 2013 as Braw Word Formation Processes Number of Occurence **Universitas Brawijaya** Universitas Brawijaya Acronym Derivation Universitas Brawijaya Universitas Brawijaya Compounding 10 Univers ersitas Brawijaya Multiple processes 12 hiversitas Brawijava Borrowing 40 hiversitas Brawijava rawijava Based on the table 4.3, the type of word formation processes that is mostly rawijaya Universitused in the two articles of each edition of Duniafitnes.com Newsletter from Universi January until April 2013 is borrowing. 40 fitness registers that the writer found that Brawling included in borrowing registers. Based on the analysis of the finding of borrowing Universitabove, the writer concludes that the exercise term such as dumbell flies, jumpingsitas Brawijaya jack, donkey kick, mummy kick etc, are mostly derived from English. Those term actually were created in English. Then, the chemistry term such as creatine, Universit glycine, arginine, etc, has the scientific name derived from Greek, Latin, Germansitas Brawijava and French. All of the result of the finding included in borrowing term. It might Universible people in fitness field in Indonesia have not the original terms that they sit as Brawljava Universitas Brawijaya Universitas Brawijaya Universi produce by themselves. It might be because in the past fitness is not an exercises Brawnay Universitas Brawijaya Universitas Brawijaya

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Universitas Brawijaya Universitas Brawijava or sport do by people in Indonesia. But nowadays, fitness start to be exist as an ersitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitexercises or sport option in Indonesia.vijaya Universitas Brawijaya **Universitas Brawijaya** Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Br The writer found 12 multiple processes in this study since the term is tositas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universita trace the operation of more than one process at work in the creation of a particular word. The total amount of multiple processes is 12 includes 1 aspect of acronym, ersit1 derivation and 10 borrowing. All of the fitness registers that the writer found sites included in borrowing. For the term which has another type of word formation Universit processes beside borrowing are included in multiple process. For example the sitas Brawij Universit word dumbbell flies. This word encounters the process of borrowing and compounding. The word dumbbell flies encounters borrowing process since this Universi word derived from English. Then, word dumbbell flies is kind of compounding.sitas Brawijaya Dumbbell flies is formed by combining two words, dumbbell and flies. Dumbbell rawijaya Universifilies means kind of exercises that focus to shape chest's muscle. This exercises that rawijava Universitusually uses dumbbell as the weight. Compounding also found in this study. The writer decided 10 fitness Universitregisters are compounding since the term is a joining of two separate words tositas Brawijaya jaya Universit produce a single form, for example the word superset is kind of compounding. Superset is formed by combining two words, super and set. The individual word Universi super and set are put together into superset to refer a new meaning. Based on the itas analysis, compounding process is mostly used to named the term of fitness Universitexercises/IJaya Universitas Brawijaya Universitas Brawijaya

Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya **Universitas Brawijava** Universitas Brawijaya Universitas Brawijaya Universities Brothen, the writer only found 1 acronym register that is ATP. The writer Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universi decided this register is acronym since the term are different from abbreviations in that acronyms used initial letters of words or parts of words. Universities Branch writer only found 1 derivation register that is *bulking*. The writer decided this register is derivation since the term is the process of forming a new rsitas Brawijava word on the basis of an existing word. The word *bulking* is formed from the word bulk and it has suffixes -ing. The suffixes -ing means progressive or continuous. Universities Br In addition, the writer also found out the meaning of derived words of sites Br Universithose fitness registers. First, the writer identify the meaning of derived words of Universities fitness registers found in Durief **Universit** fitness registers found in Duniafitnes.com Newsletter by using related fitness Universi book. The writer chooses the book that also contains fitness terms dictionary. Itsitas Br helps the writer to find the meaning of the registers easily. Then, as a cross check ersitand to get more information about fitness registers and the meaning of the fitness sitas registers, the writer consult with the expert of fitness to decides the words as University fitness registers or not. They are three fitness personal trainer who have more than Universit 3 years experince as personal trainer. Universitas Bran Jaddition, compared to previous studies, this study gave more sitas Brawijay awiiava Universi explanation about borrowing process. In this study, all of the fitness registers that sites the writer found included in borrowing. Here, the writer explain the origin word of ers the term. The fitness exercise term such as dumbell flies, jumping jack, donkey Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas kick, mummy kick etc mostly derived from English because those term actually were created in English. Then, the chemistry term such as creatine, glycine, Universitarginine, etc, have the scientific name derived from Greek, Latin, German and sitas Universitas Brawijaya Universitas Brawijaya

Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya French. Compared to the study done by Risna (2012), there are no connotative Universitas Brawijaya Universitas Brawijaya Universi term of the finding in this study. The writer analizes the registers that found in Duniafitnes.com Newsletter and the result of the finding mostly are fitness rawijaya Universite exercises techniques and chemistry term. Then the writer directly find out thesitas B Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Universitas meaning of the term by using related book and interview the fitness expert. While sitas Risna's analized the registers of connotative term that she found in the Universitbroadcasting program used by Oriza FM radio community in the University of sit Brawijaya. Then she found out the dennotative meaning of the term by conducting interview with the community and check in the related book. After all of the Universi dennotative meaning found, she found the meaning of the registers itself. Meanwhile, compared to the study done by Whina Anugraheni Maharani (2012). Universi this study is gave more explanation about borrowing than Whina's. In her study, sitas she mostly explained about the acronym that found in her analysis. Here, the Universit writer explain about fitness registers which icluded in borrowing process and sitas Universi analyze them from the origin of the word. Universitas Bran conclusion, it can be inferred from the finding that fitness registers is asitas Brawijaya phenomenon that really exist and becomes a part of language variation. Register is a variety of a language used for a particular purpose or in a particular social Universi setting. It is used for the purpose of not letting the meaning of other to understand. to show the identity of the group that becomes a special characteristic of the group Universities it self, and to establish the relationship between in-group memberships. In this study, the writer has proved that word formation processes also take important Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya

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Universit roles in language development. Word formation processes are not just theory to be Universitas Brawijaya Universitas Brawijaya Universitlearned but also as clear evidence that exist in our daily communication.

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Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brawijaya Unconclusion and suggestion rawijaya Universitas Brawijaya Universitas Brawijaya rawijaya Universitas Brathis chapter displays the conclusion of the finding of the problems of thesitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Universitas Brawijaya Universita Universit suggestions for the next researcher in order to enrich the present study. **Universitas Brawijay** This study was conducted to find out the word formation processes of sitas Brawijaya Universitas Braw 5.1 Conclusion **Universitas** Universi fitness registers in Duniafitnes.com Newsletter that was published in January until sitas B April 2013. In this study, the writer found 40 fitness registers in Duniafitnes.com Universi Newsletter, and then the writer also identify the meaning of those fitness registers.sitas Brawijaya rawijava rawijaya The writer found 40 fitness registers that can be classified into five types of word Universit formation processes namely acronym, borrowing, compounding, derivation, and Sitas Brawijaya Universi multiple processes. The writer found that there are 1 acronym, 40 borrowing, 10 compounding, 1 derivation and 12 multiple processes. Universitas Br Furthermore, it can be inferred from the finding that fitness registers is asitas Brawijaya wijaya Universitas Br phenomenon that really exist and becomes a part of language variation. Register is a variety of a language used for a particular purpose or in a particular social Universi setting. It is used for the purpose of not letting the meaning of other to understand, sitas Brawijaya to show the identity of the group that becomes a special characteristic of the group it self, and to establish the relationship between in-group memberships. In this Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Universi study, the writer has proved that word formation processes also take important Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya

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srawijaya 🛛 Universi conduct a research in this area to take another popular sport beside fitness that sitas Brawijaya rawijaya

Universitation might find the registers.

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> Bagi Anda yang akrab dengan dunia fitnes pasti sering mendengar tentang creatine. Bahkan creatine merupakan salah satu suplemen favorit para fitnes mania. Dengan mengonsumsi suplemen creatine, banyak orang merasakan perubahan yang signifikan, entah itu dari performa latihannya ataupun dari ukuran ototnya.

> Sebenarnya apa manfaat creatine untuk Anda dan apakah Anda membutuhkannya?

Apa Itu Creatine?

Creatine adalah kombinasi dari beberapa asam amino yang secara spesifik membentuk fungsi tersendiri. Komponen pembentuk creatine adalah glycine, arginine, dan methionine. Tubuh manusia secara alami memproduksi creatine baik di hati, pankreas, dan ginjal. Creatine yang diproduksi dialirkan oleh darah ke otot. Begitu mencapai otot, creatine diubah menjadi phospocreatine (creatine phospate), yang berkontribusi pada pembentukan bahan bakar tubuh yang dikenal sebagai ATP (adenosine triphospate).

Manfaat Creatine Bagi Anda

Mengonsumsi suplemen creatine akan meningkatkan kadar creatine dalam jaringan otot Anda. Creatine berfungsi untuk meningkatkan massa otot. Selain itu, creatine juga terbukti mampu meningkatkan kebugaran tubuh Anda. Penganut diet vegetarian akan cenderung memiliki kadar creatine yang lebih rendah. Tapi hal ini memungkinkan sumber creatine dari luar (suplemen) mudah diserap oleh jaringan otot Anda, karena jaringan otot masih memiliki wang yang eukup untuk menampungnya.

Jika saat ini Anda sedang dalam tahap bulking, pada Univ saat inilah target difokuskan untuk membangun massa otot sebanyak-banyaknya. Pencapaian target tersebut Univ sangat terbantu oleh creatine dengan kemampuan mengangkat beban lebih berat sehingga mendapatkan Univ stimulasi otot lebih besar dan dengan asupan nutrisi Univ optimal dari makanan maka pertumbuhan ukuran sel otot lebih optimal pula. Univ

Creatine juga menyerap kandungan air dalam Univ tubuh, yang menyebabkan massa air pada otot Anda cenderung bertambah, sehingga jika tidak diimbangi dengan banyak minum bisa memicu dehidrasi. Oleh Univ karena itulah, sebaiknya Anda banyak minum air ketika Univ menggunakan suplemen creatine ini. Dan jangan lupa, Univ gunakanlah creatine dengan bijak, yaitu dengan cara mengonsumsinya sesuai dengan anjuran.

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> Kebanyakan orang akan mengonsumsi Vitamin C (dalam bentuk suplemen) saat terserang flu. Dan, ya, memang menambah asupan Vitamin C ke dalam tubuh terbukti efektif untuk mengatasi serangan virus influenza.

> Nah, selain memiliki peran penting untuk meningkatkan dan menjaga daya tahan tubuh, ternyata masih banyak peran Vitamin C bagi tubuh Anda. Apa sajakah itu?

1. Membantu Pertumbuhan & Pemulihan

Vitamin C diperlukan tubuh untuk pertumbuhan dan memperbaiki jaringan seluruh bagian tubuh. Selain itu juga digunakan untuk proses penyembuhan luka, dan perbaikan serta pemeliharaan tulang dan gigi.

2. Mencegah Penuaan

Vitamin C juga merupakan antioksidan yang sangat efektif untuk melawan radikal bebas. Radikal bebas adalah salah satu faktor penyebab penuaan dini.

3. Memperbaiki Mood

Vitamin C membantu memperbaiki mood dengan cara mengurangi stres. Saat stres, tubuh akan memproduksi radikal bebas dalam jumlah besar dibandingkan biasanya. Vitamin C bertindak sebagai antioksidan kuat yang mampu menangkal radikal bebas dengan efektif.

4. Mengendalikan Kadar Kolesterol /

Fungsi Vitamin C selanjutnya adalah membantu metabolisme kolesterol menjadi asam empedu, yang mungkin memiliki implikasi untuk tingkat kolesterol darah dan timbulnya batu empedu.

UNIV 5. 5 Membantu Menurunkan Berat Badan Brawijaya Univ Vitamin C telah terbukti menjadi faktor penting terjadinya biosintesis molekul kecil seperti protein yang disebut Un v carnitine. Carnitine berperan mengarahkan molekul lemak ke sel-sel jaringan di mana pembakaran lemak terjadi. Jika UNIV kadar carnitine dalam tubuh menurun maka akan terjadi Universitas Brawijaya Universitas Brawijaya Setelah mengetahui semua manfaat vitamin C bagi UNIV tubuh, kini saatnya Anda memenuhi kebutuhan vitamin Universitian Anda Apapun tujuan Anda, baik menambah stamina, mengurangi berat badan, menjaga kondisi On V tubuh, ataupun untuk vitalitas, vitamin Cadalah salah satu vitamin yang akan membantu Anda meraih kebugaran. Universitä So, sudahkah tubuh Anda mendapat Vitamin C Universitä So, sudahkah tubuh Anda mendapat Vitamin C Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya

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satu variasi latihan plank yang bertumpu pada tubuh bagian kanan hingga tubuh membentuk garis sebelum mengulang Paha kanan dan lengan kanan menempel lantai untu menopang tubuh atih kekuatan dan juga membent atas kaki kanan pinggang kiri ama 30 detik : siya uya ya di atas ī laya Salah Niveis letakkan kaki kiri ^MLetakkan tangan kiri mel Braesaaan: igiya Braw Berbaring dengan Ş Side Plank Side plank adalah si Sangat efektifuntuk n Ingguid јзуа ijsya perut Anda e plank a gerakan aya Angkat p radevijaya Universitas Brawijaya radwijaya Universitas Brawijaya otot Uni

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Kalsium dan vitamin D merupakan 2 (dua) nutrisi penting yang selalu dikaitkan dengan kesehatan tulang dan gigi va Itulah sebabnya, banyak orang mengonsumsi suplemen kalsium dan vitamin D untuk mencegah osteoporosis.

Namun demikian, bagi orang-orang lanjut usia yang rajin mengonsumsi suplemen vitamin D dan kalsium ternyata juga bisa membantu panjang umur!

Pernyataan tersebut merupakan hasil sebuah review internasional dari berbagai penelitian yang meneliti lebih dari 70.000 orang.

Para peneliti yang menulis di Journal of Clinical Endocrinology menemukan bahwa lansia yang mengonsumi kedua suplemen itu mengalami penurunan 9 persen risiko kematian selama periode tiga tahun, ketimbang orang yang hanya mengonsumsi pil plasebo. Selain itu, vitamin D sendiri tidak memiliki dampak pada tingkat kematian.

Menurunnya risiko kematian sebanyak 9 persen selama periode tiga tahun mungkin memang terdengar masih kecil, namun pemimpin penelitian, Lars Rejnmark, mengatakan setidaknya kedua suplemen ini memiliki manfaat terkait penurun kolesterol statin dan obat tekanan darah. 4 8

"Dalam pandangan saya, penurunan mortalitas 9^{yo} persen pada populasi umum lansia adalah sangat penting," va kata Rejnmark, seorang profesor di Universitas Aarhus di vijava Denmark.

Rejnmark dan rekan-rekannya menggabungkan d hasil dari delapan uji klinis yang melibatkan lebih dari 70.000 orang dewasa, sebagian besar wanita. Dalam Uni setiap percobaan, para partisipan secara acak untuk Univ mengonsumsi vitamin Datau plasebo. Beberapa penelitian UNIV menggunakan kombinasi konsumsi vitamin D dan kalsium. Va Universita Vitamin D dan kalsium mungkin paling dikenal va sebagai pembangun tulang. Wanita yang lebih tua sering University of the suplement init untuker menangkal penyakit / tulang keropos (osteoporosis) dan menurut beberapa hasil penelitian, kombinasi konsumsi kedua suplemen ini Univ Univ juga dapat mencegah patah tulang pada lansia Brawijava Kemungkinan lain adalah suplemen ini juga bisa Univ mengurangi risiko kematian akibat kanker. Rejnmark Univ mengatakan, ada beberapa bukti bahwa kalsium dan va vitamin D dapat menurunkan kemungkinan kanker usus Universitas Brawijaya Universitas Brawijaya

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SUPLEMENTASI

ATASI RAMBUT RONTOK DAN KEBOTAKA

Rambut rontok hingga kebotakan merupakan masalah Universitas Brawijaya yang kerap dialami oleh banyak orang di berbagai kalangan. Nah, kali ini mari kita telusuri lebih jauh mengenai Universitas Brawijaya mitos sekaligus solusi dan perawatan paling tepat untuk mengatasi kebotakan dan kerontokan rambut bagi Anda kaum pria.

Hair Loss: A Common Problem

Sekitar 85% pria akan mengalami rambut rontok yang cukup signifikan di usia 50-an. Bahkan, beberapa pria akan mulai mengalami rambut rontok sebelum mereka berumur 21 tahun.

Apa Penyebab Rambut Rontok dan Kebotakan?

Lebih dari 95% rambut rontok yang terjadi pada pria merupakan faktor genetik, efek dari obat-obatan tertentu, terlalu banyak asupan vitamin A, dan kurangnya asupan Universitas Brawijaya protein ke dalam tubuh.

Pengobatan Rambut Rontok

Minoxidil & Finasteride

Minoxidil dan Finasteride merupakan obat yang sering digunakan untu mengatasi rambut rontok dan kebotakan. Obat-obatan tersebut bekerja dengan cara memperlambat Universitas Brawijaya laju kerontokan rambut.

Transplantasi Rambut?

Transplantasi rambut membutuhkan biaya yang mahal dan Universitas Brawijaya Anda mungkin harus melalui beberapa prosedur tertentu. Setelah dua bulan, rambut baru akan tumbuh kembali, Universitas Brawijaya Udan dalam waktu enam bulan rambut Anda mulai terlihat Universitas Brawijaya normal.

Suplemen Protein Vijaya Universitas Brawijaya

Seperti yang sudah dijelaskan di atas, bahwa salah satu Universitas Brawijaya penyebab rambut rontok dan kebotakan adalah kurangnya Uasupan protein ke dalam tubuh. Nah, faktor yang satu ini Universitas Brawijaya seringkali menjadi penyebab tersering yang tak disadari. Untuk itu, penuhi kebutuhan protein harian Anda dengan Cara menambahkan suplemen protein, contohnya Prostar 100% Whey Protein Hair Loss Defense.

Universiselain memperlakukan rambut dengan lebih lembut, diet seimbang juga sangat penting untuk menjaga kesehatan rambut Anda. Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya

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Akhir-akhir ini banyak bahasan tentang suplemen niversitas Brawijaya L-Carnitine. Sebelum Anda memutuskan untuk Universitas Brawijaya mengonsumsi suplemen ini terlebih dahulu Anda harus mengetahui tentang apa yang dimaksud dengan niversitas Brawijaya L-Carnitine dan manfaatnya terhadap tubuh Anda. Universitas Brawijaya

L-Carnitine merupakan sebuah substansi yang berasal dari asam amino esensial metionin dan lisin, yang niversitas Brawijaya juga diproduksi oleh tubuh. Fungsi L-Carnitine adalah untuk membantu transportasi asam lemak melewati membran mitokondria (pusat produksi energi pada tingkat sel) yang mengubah cadangan lemak yang ada di dalam tubuh menjadi energi.

Jumlah produksi L-Carnitine dapat menurun seiring dengan bertambahnya usia, serta pada kondisi kurang mengonsumsi daging-dagingan seperti pada vegetarian, juga pada orang yang menjalani diet tinggi lemak, penggunaan obat-obatan tertentu, dan konsumsi rendah protein, semuanya dapat menyebabkan penurunan kadar Jniversitas Brawijaya L-Carnitine di dalam tubuh. Efek penurunan L-Carnitine ini dapat menyebabkan nyeri dada, sering merasa lelah, Universitas Brawijaya peningkatan lemak tubuh, peningkatan kadar kolesterol, Universitas Brawijaya otot menjadi mudah lelah dan sakit. Universitas Brawijaya

Bagaimana L-Carnitine Membakar Lemak?

Apabila tubuh tidak membakar lemak dengan efisien, Universitas Brawijaya kelebihan lemak akan disimpan di dalam tubuh. Hal ini yang membuat pinggul dan pinggang jadi besar karena niversitas Brawijaya tumpukan lemak di daerah perut. Bagaimanapun, untuk Universitas Brawijaya membakar lemak adalah dengan mentransfer lemak ke mitokondria untuk dipecah jadi bahan bakar. La Carnitine Universitas Brawijaya yang bertugas membawa lemak ke mitokondria kemudian masuk ke dalam tungku pembakaran untuk membakarUniversitas Brawijaya lemak dan meningkatkan metabolisme s Brawijaya Universitas Brawijaya

Singkatnya, L-Carnitine membuka peluang untuk universitas Brawijaya Unitubuh Anda, sehingga cadangan lemak yang menonjol Universitas Brawijaya di bagian tubuh Anda dapat dikurangi dengan terus Un menggunakan Jemak sebagai bahan bakar untuk energi. Universitas Brawijaya Un Secara sederhana, L-Carnitine akan mengubah lemak Universitas Brawijaya menjadi energi dengan cara berikut: UniFAT (temak) & 62 (oksigen) + D-carnitine = ENERGY (energi) Universitas Brawijaya Universit DarBbahasan di atas dapat disimpulkan bahwaUniversitas Brawijaya

L-Carnitine merupakan substansi yang diproduksi di dalam Unitubuh namun jumlahnya sangat sedikit. Suplementasi Universitas Brawijaya Un L-Carnitine dengan dosis yang tepat akan memberikan Universitas Brawijaya manfaat untuk membantu membuat lemak jadi energi, Un membantu meningkatkan kesehatan jantung, menurunkan Universitas Brawijaya kadar lemak jahat dalam darah, membuang racun-racun Universitas Brawijaya yang ada di dalam tubuh, dan memperlambat proses Unipensitas Keep healthyla Universitas Brawijaya Universitas Brawijaya

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Keterangan Konsultasi

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