

SUCCESSFUL WEIGHT LOSS AND ITS ASSOCIATED FACTORS AMONG EMPLOYEES AT A HIGH RISK OF DEVELOPING METABOLIC SYNDROME

By
Emilia Bewintara
15010018

Submitted to
i3L – Indonesia International Institute for Life Sciences
School of Life Sciences

In partial fulfillment of the requirements for the Bachelor of Science in
Food Science and Nutrition

Thesis Advisor: Mohamad Yulianto Kurniawan, M. Sc.

Jakarta, Indonesia
2019