Journal of Information System Research (JOSH)
Volume 99, No. 99, Bulan 9999, pp 999−999
ISSN 2686-228X (media online)
https://ejurnal.seminar-id.com/index.php/josh/
DOI 10.47065/josh.v9i9.999

# REFERENCES

[1] O. Golubnitschaja *et al.*, "Caution, 'normal' BMI: health risks associated with potentially masked individual underweight—EPMA Position Paper 2021," *EPMA Journal*, vol. 12, no. 3, pp. 243–264, Sep. 2021, doi: 10.1007/s13167-021-00251-4.

[2] R. Liu, R. Menhas, J. Dai, Z. A. Saqib, and X. Peng, "Fitness Apps, Live Streaming Workout Classes, and Virtual Reality Fitness for Physical Activity During the COVID-19 Lockdown: An Empirical Study," *Front. Public Health*, vol. 10, p. 852311, Jun. 2022, doi: 10.3389/fpubh.2022.852311.

[3] G. M. Al Kibria, K. Swasey, M. Z. Hasan, A. Sharmeen, and B. Day, "Prevalence and factors associated with underweight, overweight and obesity among women of reproductive age in India," *glob health res policy*, vol. 4, no. 1, p. 24, Dec. 2019, doi: 10.1186/s41256-019-0117-z.

[4] M. Garrido-Miguel *et al.*, "Prevalence and trends of underweight in European children and adolescents: a systematic review and meta-analysis," *Eur J Nutr*, vol. 60, no. 7, pp. 3611–3624, Oct. 2021, doi: 10.1007/s00394-021-02540-0.

[5] A. Hammami, B. Harrabi, M. Mohr, and P. Krustrup, "Physical activity and coronavirus disease 2019 (COVID-19): specific recommendations for home-based physical training," *Managing Sport and Leisure*, vol. 27, no. 1–2, pp. 26–31, Mar. 2022, doi: 10.1080/23750472.2020.1757494.

[6] "Personalized workout program - MadMuscles." https://madmuscles.com (accessed Jul. 07, 2023).

[7] "Intensive workouts & individual training plans | FREELETICS." https://www.freeletics.com/en/ (accessed Jul. 07, 2023).

[8] J. K. Tarus, Z. Niu, and G. Mustafa, "Knowledge-based recommendation: a review of ontology-based recommender systems for e-learning," *Artif Intell Rev*, vol. 50, no. 1, pp. 21–48, Jun. 2018, doi: 10.1007/s10462-017-9539-5.

[9] N. Aditya, Z. K. A. Baizal, and R. Dharayani, "Healthy Food Recommender System for Obesity Using Ontology and Semantic Web Rule Language," *bits*, vol. 4, no. 4, Mar. 2023, doi: 10.47065/bits.v4i4.3005.

[10] A. Chatterjee and A. Prinz, "Personalized Recommendations for Physical Activity e-Coaching (OntoRecoModel): Ontological Modeling," *JMIR Med Inform*, vol. 10, no. 6, p. e33847, Jun. 2022, doi: 10.2196/33847.

[11] A. Chatterjee, A. Prinz, M. Gerdes, and S. Martinez, "An Automatic Ontology-Based Approach to Support Logical Representation of Observable and Measurable Data for Healthy Lifestyle Management: Proof-of-Concept Study," *J Med Internet Res*, vol. 23, no. 4, p. e24656, Apr. 2021, doi: 10.2196/24656.

[12] Ö. Taçyıldız and D. Çelik Ertuğrul, "A decision support system on the obesity management and consultation during childhood and adolescence using ontology and semantic rules," *Journal of Biomedical Informatics*, vol. 110, p. 103554, Oct. 2020, doi: 10.1016/j.jbi.2020.103554.

[13] G. George and A. M. Lal, "Review of ontology-based recommender systems in e-learning," *Computers & Education*, vol. 142, p. 103642, Dec. 2019, doi: 10.1016/j.compedu.2019.103642.

[14] Z. K. A. Baizal, D. Tarwidi, and B. Wijay, "Tourism Destination Recommendation Using Ontology-based Conversational Recommender System," *IJCDS*, vol. 10, no. 1, pp. 829–838, Nov. 2021, doi: 10.12785/ijcds/100176.

[15] R. A. Rachman and Z. K. A. Baizal, "Ontology-based Conversational Recommender System for Recommending Camera," *J. RESTI (Rekayasa Sist. Teknol. Inf.)*, vol. 7, no. 3, pp. 663–669, Jun. 2023, doi: 10.29207/resti.v7i3.4852.

[16] M. S. Ayundhita, Z. K. A. Baizal, and Y. Sibaroni, "Ontology-based conversational recommender system for recommending laptop," *J. Phys.: Conf. Ser.*, vol. 1192, p. 012020, Mar. 2019, doi: 10.1088/1742-6596/1192/1/012020.

[17] S. Alian, J. Li, and V. Pandey, "A Personalized Recommendation System to Support Diabetes Self-Management for American Indians," *IEEE Access*, vol. 6, pp. 73041–73051, 2018, doi: 10.1109/ACCESS.2018.2882138.

[18] C. Basnayake, C. Peiris, H. Wickramarathna, and P. Jayathunga, "Recommender System based on Food and Exercise Ontologies to Find the Suitable Fitness Exercise Plan with the Aid of Python," in *2021 5th SLAAI International Conference on Artificial Intelligence (SLAAI-ICAI)*, Colombo, Sri Lanka: IEEE, Dec. 2021, pp. 1–6. doi: 10.1109/SLAAI-ICAI54477.2021.9664742.

[19] D. Mckensy-Sambola, M. Á. Rodríguez-García, F. García-Sánchez, and R. Valencia-García, "Ontology-Based Nutritional Recommender System," *Applied Sciences*, vol. 12, no. 1, p. 143, Dec. 2021, doi: 10.3390/app12010143.

[20] P. Polero *et al.*, "Physical Activity Recommendations during COVID-19: Narrative Review," *IJERPH*, vol. 18, no. 1, p. 65, Dec. 2020, doi: 10.3390/ijerph18010065.

[21] N. Kadri, A. Ellouze, and M. Ksantini, "Recommendation system for human physical activities using smartphones," in *2020 2nd International Conference on Computer and Information Sciences (ICCIS)*, Sakaka, Saudi Arabia: IEEE, Oct. 2020, pp. 1–4. doi: 10.1109/ICCIS49240.2020.9257671.

[22] D. H. Lee *et al.*, "Comparison of the association of predicted fat mass, body mass index, and other obesity indicators with type 2 diabetes risk: two large prospective studies in US men and women," *Eur J Epidemiol*, vol. 33, no. 11, pp. 1113–1123, Nov. 2018, doi: 10.1007/s10654-018-0433-5.

[23] J. Jajat and A. Suherman, "Indonesian Children and Adolescents' Body Mass Index: WHO and Asia-Pacific Classification," in *Proceedings of the 4th International Conference on Sport Science, Health, and Physical Education (ICSSHPE 2019)*, Bandung, Indonesia: Atlantis Press, 2020. doi: 10.2991/ahsr.k.200214.069.

[24] A. Petridou, A. Siopi, and V. Mougios, "Exercise in the management of obesity," *Metabolism*, vol. 92, pp. 163–169, Mar. 2019, doi: 10.1016/j.metabol.2018.10.009.