

2

50

OA

NHK

E

20

30

15

2017 7

OA

1

2

3

4

2014

2016

OA

0

60 90

10 20cm

OA

O

0

60

20 30

OA

40 50

300 400kal

30

7200kal

kg

kg

160cm

1700kal

10

10

kg

100g

160kal

1

1

kg

5kg

10 20

1

1

1

1

2

3

5

10

15kg

170cm 78kg

30 40

168

82 84

50

180 100

230 120

85 84kg

70kg

165cm

40g 220kcal

7

20

60

2

3

20

12

3

kg

3

1

2

72 74kg

1

kg

1

80kcal

BMI 25 60kg BMI 26 4kg 85
1 400 500kcal 1
68kg 66kg

NHK

2017

2017 7

2016 4

10

11

12

29 10 22

TKO