

ABSTRACT

DESIGNING HEALTH ILLUSTRATED BOOK FOR CAREER WOMEN

The work routines of the society would cause the lack of attention towards the lifestyle of the society. Lack of physical activities, nutritional needs that have not been fulfilled, irregular break, etc. may cause health problems especially for women as well as affecting productivity at work. This is what will be discussed in this work. Design of healthy book in order to engage the workers to live a healthy life. The contents and illustrations will be suitable in order to deliver the healthy lifestyle delightfully. Matrix method will be used in analyzing the media. This healthy lifestyle media is expected to engage the society, particularly among career women, to properly maintain their lifestyle in order to reduce the risk of disease and work productively.

Keywords: *Book, Health, Lifestyle, Career Women, Illustration*