

ABSTRACT

The design of an digital illustrated book about the healthy lifestyle of women is lifted because of the pattern of life of the Indonesian people, especially those living in big cities due to daily busyness, busy activities that create unhealthy lifestyles, which often consume fast food, foods that use preservatives, accompanied by wrong sleep patterns, rarely exercise and an unhealthy environment such as being exposed to air pollution, cleanliness of living areas, workplaces, and other places of activity. This happens because of a lack of awareness about the importance of health. From this background the purpose of designing an illustrated book for a healthy woman's lifestyle is designed to make people aware, especially women who are susceptible to disease, and more sensitive, as for other purposes to provide information and education about a healthy lifestyle that is good and right. The method used in this design is a qualitative method, so it is expected that the design of an illustrated book for a healthy lifestyle can help to lead a good lifestyle to maintain health

