

## ***ABSTRACT***

*Name* : Raden Renardi Said Prathama  
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*Title* : *Creation of Video Art On Work “Healthy Lifestyle by Doing Stretching.”*  
*Thesis* : *Telkom University Faculty of Creative Arts Study Program*

*Often we realize that a simple thing, we are lazy to move, it's hard not even bother to do it, such as doing stretching. Stretching is an activity to stretch before exercising. This of course makes the body feel healthy and strong if done. One of the factors that make us lazy to move is the influence of playing gadgets for a long time to make us forget ourselves or forget the time of an activity such as stretching. Not stretching can lead to an unhealthy body. The author wants to give a message to the public about a healthy lifestyle doing stretching. This work is in the form of a satire against the community, especially relatives, family, which the author often reprimands for it. The results of this work are in the form of video art in which there is a combination of photography and videography with several techniques used such as stopmotion, slowmotion, timelapse and cinematic. The author will form a story about a healthy lifestyle stretching from the beginning of being lazy / not caring about doing this because playing gadgets for a long time until he is aware of doing it. The author hopes that the community will care and move by stretching. The author hopes that people realize the impact on our bodies, because doing a healthy lifestyle such as stretching can keep our bodies healthy and strong.*

*Keywords : Photography, Videography, Stretching, Video Art, Gadget*