

ABSTRACT

Physical activity is an activity that's easy to do and have health benefits for one of them to prevent diabetes. Diabetic in Indonesia has increased the amount. And Indonesia declared entry in the top ten ranking of the world as the country's diabetics. The phenomenon is happening is a lot of people are lazy to do physical activity and less know physical activity due to ease of technology misused so that they do not know that by doing physical activity can prevent diabetes. One of them with the application into the appeal of smartphone every teenagers. To get the data using the method of observation, interview and study of literature. With the design of application is expected to invite teenagers to know the benefits by doing physical activity and prevent diabetes.

Keywords : campaign , diabetes , lifestyle , physical activity , motion