

ABSTRACT

Healthy lifestyle based on balanced lifestyle is very influential for one's life. Lifestyle is a description of one's behavior towards life, which of course is based on several factors. Public difficulty to live a healthy lifestyle is experienced by many people with age ranges of adolescents to adolescents. At such an active age, it is not uncommon to find difficulties in putting themselves between academic obligations and non-academic activities so as not to pay attention to their lifestyle well.

This work was created with the aim to be able to convey information about a healthy lifestyle better in an interactive way. There has not been an effective medium for target audience to understand correctly the importance of living a healthy lifestyle. Data search methods used were interviews, literature study, and questionnaire distribution.

Based on the data the author gets, the board game is an effective medium to support this theme. In this game, players will be invited to learn to control the time in the activity and nourish the body well without forgetting the health of his body. Game board is selected as an interactive media that is able to channel information in the form of learning from experience, so users can indirectly share the problems that exist in the game.

Keywords: *Board Game, Healthy Lifestyle, Youth, Adolescent, Socialization.*