

Daftar Pustaka

- Amrozi Amenan, “Parahita Kampanyekan Gaya Hidup Sehat Milenial”, <https://www.beritasatu.com/kesehatan/596062/parahita-kampanyekan-gaya-hidup-sehat-milenial> (diakses pada 24 Januari 2020, pada pukul 17.21)
- Andarini. F (2016). Perancangan Media Edukasi Makna & Nilai Prosesi Pernikahan Adat Yogyakarta. Semarang, Indonesia: Progam Studi Desain Komunikasi Visual Fakultas Arsitektur Dan Desain Universitas Katolik Soegijapranata, Diakses tanggal 9 July 2020 melalui <http://repository.unika.ac.id/11728/>
- Antonino Bianco. (2015). What Is Fitness Training? Definitions and Implications: A Systematic Review Article. Iran J Public Health, Vol 44. Diakses tanggal 6 July 2020, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4537617/>
- Atkin, Albert 2006. Pierce’s Theory of Signs (Summer 2013 Edition), Edward N. Zalta (ed.), The Stanford Encyclopedia of Philosophy, Dipublikasikan 13 Oktober 2006, Diakses tanggal 8 Februari 2018, <https://plato.stanford.edu/entries/peirce-semiotics/>
- Chief Marketing Officer (CMO) Parahita Diagnostic Center, Mizan Sulthon. (2020). Parahita Kampanyekan Gaya Hidup Sehat Milenial. Diakses 8 July 2020 dari <https://www.beritasatu.com/kesehatan/596062-parahita-kampanyekan-gaya-hidup-sehat-milenial>
- Bull, Stephen. (2010). “Photography: Routledge Introductions to Media and Communication.” London : Routledge. Diakses tanggal 6 July 2020, <https://www.abebooks.com/9780415428941/Photography-Routledge-Introductions-Media-Communications-0415428947/plp>
- Burks, A. (1949). Icon, Index, and Symbol. *Philosophy and Phenomenological Research*, 9(4), 673-689. doi:10.2307/2103298. Diakses tanggal 6 July 2020, <https://philpapers.org/rec/BURIIA-2>
- Caution Symbol Label. (2020). Diakses pada 11 Juni 2020, dari <https://plato.stanford.edu/entries/peirce-semiotics/https://www.labelsource.co.uk/%20https://www.labelsource.co.uk/labels/caution-symbol-label-/rw1101#:~:text=These%20yellow%20caution%20triangle%20labels,to%20warn%20of%20potential%20danger.>
- Dimas Andhika Fikri, “Survei Ungkap Kesadaran Masyarakat Indonesia Terhadap Gaya Hidup Sehat Meningkatkan hingga 19%”, <https://lifestyle.okezone.com/read/2018/09/29/481/1957497/survei-ungkap-kesadaran-masyarakat-indonesia-terhadap-gaya-hidup-sehat-meningkat-hingga-19> (diakses pada 24 Januari 2020, pada pukul 14.07)

Djamasbi, S. Siegel, M. Tullis, T. (2011). Visual Hierarchy and Viewing Behavior: An Eye Tracking Study. Lecture Notes in Computer Science. Doi: https://doi.org/10.1007/978-3-642-21602-2_36, Diakses tanggal 6 July 2020, https://link.springer.com/chapter/10.1007%2F978-3-642-21602-2_36

Fazril, A.F.F.(2016) Perancangan Video Infografis Aplikasi Laksa (Layanan Aspirasi Kotak Saran Anda) Pada Dinas Kominfo Kota Tangerang. Tangerang: <https://widuri.raharja.info/index.php?title=SI1011464331>. Diakses pada tanggal 10 Maret 2020

Fazril, A.F.F.(2016) Perancangan Video Infografis Aplikasi Laksa (Layanan Aspirasi Kotak Saran Anda) Pada Dinas Kominfo Kota Tangerang. Tangerang: STMIK Raharja, Diakses tanggal 6 July 2020, https://www.academia.edu/26077493/VIDEO_ANIMASI_2D_INFOGRAFIS_APLIKASI_LAKSA_PADA_DINAS_KOMUNIKASI_DAN_INFORMATIKA_PEMERINTAHAN_KOTA_TANGERANG

Hardjana, Andre. 2003. Teori Komunikasi: Kisah Pengalaman Amerika. Fakultas Ilmu Administrasi Universitas Katolik Atma Jaya. Jakarta, Diakses tanggal 6 July 2020, <https://ojs.uajy.ac.id/index.php/jik/article/viewFile/161/244>

Haryawan, Tommy. 2017. Pemahaman Personal Trainer Tentang Cedera Olahraga Dan Program Penurunan Berat Badan Di Fitness Elite Club Epicentrum Kuningan Jakarta. Fakultas Ilmu Olahraga, Universitas Negeri Jakarta. Diakses tanggal 30 Januari 2020, <http://journal.unj.ac.id/unj/index.php/segar/article/view/7152/5142>

Hendratman, Hendi. (2008). Tips & Trik Graphic Desain. Bandung: Informatika. Diakses tanggal 6 July 2020, https://books.google.co.id/books?id=sRlbDwAAQBAJ&pg=PR2&lpg=PR2&dq=google+books+Tips+%26+Trik+Graphic+Desain.Bandung&source=bl&ots=ehrS18L7de&sig=ACfU3U2IbaCg_tH2NzSj4t4BU3FQuOm5yQ&hl=en&sa=X&ved=2ahUKEwii5PLI2b3qAhWo8HMBHdP4CKEQ6AEwAHoECAoQAQ#v=onepage&q&f=false

Itten J .1970 *The Elements of Color* (Ravensburg: Otto Maier Verlag) pp 29-74, Diakses tanggal 6 July 2020, https://monoskop.org/images/4/46/Itten_Johannes_The_Elements_of_Color.pdf

Julianto (2011). Empat Prinsip Komposisi Menciptakan Desain Indah, Satu Trik Pemikat Hati Pemirsa: Rhythm, Depth, Balance, Unity – Emphasis. Jakarta, Indonesia: Jurusan Desain Komunikasi Visual, School Of Design, Binus University, Diakses tanggal 6 July 2020, <https://www.neliti.com/publications/167051/empat-prinsip-komposisi-menciptakan-desain-indah-satu-trik-pemikat-hati-pemirsa>

US News, K. Aleisha Fetters, “11 Benefits of Strength Training That Have Nothing to Do With Muscle Size”, <https://health.usnews.com/wellness/fitness/articles/2018-03-23/11-benefits-of-strength-training-that-have-nothing-to-do-with-muscle-size> (diakses pada 24 Januari 2020, pada pukul 16.18)

Kusrianto, Adi. 2007. Pengantar Desain Komunikasi Visual. Yogyakarta : Andi Offset, Diakses tanggal 6 July 2020, <https://opac.perpusnas.go.id/DetailOpac.aspx?id=706105>

Lauer, D. A., & Pentax, S. (1994). Design Basic. The Ohio State University: Wadsworth/Thomson Learning. Diakses tanggal 6 July 2020, https://books.google.co.id/books/about/Design_Basics.html?id=dW8hSkqO9oUC&redir_esc=y

Lucius, R. Fuad, A. (2017). Coloring your information: How designers use *Theory of Color* in creative ways to present Infographic. IOP Conference Series: Materials Science and Engineering, Volume 277, 10th International Seminar on Industrial Engineering and Management "Sustainable Development In Industry and Management" 7-9 November 2017, Tanjung Pandan -Belitung, Indonesia, 1 -7. Diakses tanggal 6 July 2020, <https://iopscience.iop.org/article/10.1088/1757-899X/277/1/012044>

Nicole D. Rynecki, Brianna L. Siracuse, Joseph A. Ippolito, Kathleen S. Beebe. Injuries sustained during high intensity interval training: are modern fitness trends contributing to increased injury rates? *Journal of Sports Medicine and Physical Fitness*, Feb. 12, 2019; DOI: 10.23736/S0022-4707.19.09407-6, Diakses tanggal 6 July 2020, https://www.researchgate.net/publication/331376944_Injuries_sustained_during_high_intensity_interval_training_Are_modern_fitness_trends_contributing_to_increased_injury_rates

Mawarni, Nadia. 2015. Perancangan Media Company Profile Sebagai Penunjang Pencitraan Dan Program Promosi Pada Smk Kesehatan Bina Insan Cendekia Tangerang: Sekolah Tinggi Manajemen Dan Ilmu Komputer (Stmik) Raharja. Diakses melalui https://widuri.raharja.info/index.php?title=SI1221474146#Tentang_Psikologi_Warna

McRobert, Stuart. (1999). Beyond Brawn: The Insider's Encyclopedia on How to Build Muscle and Might. USA: CS Publishing Paperback, Diakses tanggal 10 July 2020 melalui <https://libgen.is/book/index.php?md5=67A93324C2EF898CA3816F1C5630DAAD>

McRobert, Stuart. (1999). The Insider's Tell-All Handbook on Weight-Training Technique. USA: CS Publishing Paperback, Diakses tanggal 10 July 2020 melalui <https://libgen.is/book/index.php?md5=2C44B6E9AEF8AA27D00A35AA582DC54C>

Olahraga (Def. 1) (n.d). Dalam Kamus Besar Bahasa Indonesia (KBBI) Online. Diakses melalui <https://kbbi.web.id/olahraga>, 24 December 2019

Palmer, S. (1999). *Vision Science. Photons to Phenomenology*. Cambridge, MA: MIT Press. Diakses tanggal 2020, https://www.researchgate.net/publication/224282145_Vision_Science_From_Photons_to_Phenomenology

Rohidi, Tjetjep R. 1984. Lintasan Peristiwa dan Tokoh Seni Rupa Indonesia Baru. Semarang: IKIP Semarang Press, Diakses tanggal 6 July 2020, <https://opac.perpusnas.go.id/DetailOpac.aspx?id=706002>

Rustan, S. (2014). Layout: Dasar Dan Penerapannya. Jakarta, Indonesia: Gramedia Pustaka Utama, Diakses tanggal 6 July 2020, https://books.google.co.id/books?id=n5DQ6Zu9umcC&pg=PP1&lpg=PP1&dq=Layout:+Dasar+Dan+Penerapannya+online&source=bl&ots=CDfnbCDdBb&sig=ACfU3U370CZYFFiAgknNQbSAGY4r1j5_jQ&hl=en&sa=X&ved=2ahUKEwjLzu-elrjqAhUMeisKHZswAL44ChDoATADegQIChAB#v=onepage&q=Layout%3A%20Dasar%20Dan%20Penerapannya%20online&f=false

Sheikh, M. (2019). What is an Infographic. <https://visme.co/blog/what-is-an-infographic/#what-is-an-infographic>. Diakses tanggal : 3 Maret 2019

Sobur, Alex. 2003. Semiotika Komunikasi. Bandung: PT. Remaja Rosdakarya. Diakses tanggal 6 July 2020, <http://kin.perpusnas.go.id/DisplayData.aspx?pId=130071&pRegionCode=UN11MAR&pClientId=112>

Sport (Def. 1) (n.d). Dalam Cambridge Dictionary Online. Diakses melalui <https://dictionary.cambridge.org/dictionary/english/sport>, 24 December 2019

Undang-Undang Republik Indonesia Nomor 3 Tahun 2005 Tentang Sistem Keolahragaan Nasional

Rustan, Surianto. 2008. Lay Out Dasar & Penerapannya. Gramedia Pustaka Utama, Jakarta. <https://www.scribd.com/doc/259365470/layout>. Diakses tanggal 8 July 2020

“What is Weight Training”. <https://www.truefitness.com.sg/fitness-101/readon/Training/types-of-training-weight-training> (diakses 24 Januari 2020)