

# ***THE BENEFITS OF ERGONOMIC EXERCISE TO REDUCE HIGH BLOOD PRESSURE WITH A POCKET BOOK MEDIA***

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## ***ESSENCE***

*Hypertension is a cardiovascular disease that triggers the highest death rate in the world, for this reason it is necessary to have non-pharmacological therapy for physical activity to prevent and control blood pressure in people with hypertension, one of which is doing ergonomic exercise. Ergonomic exercise itself is exercise that directly opens and activates the body's systems, one of which is the cardiovascular system. The way to reduce the occurrence of hypertension is by avoiding the risk factors for hypertension and also increasing knowledge about ergonomic exercise can reduce hypertension by using learning media, one of which is by using a pocket book. Hypertension reducing ergonomic exercise pocket book is a pocket book that contains insights about ergonomic exercises that can reduce and control high blood pressure in people with hypertension. The hypertension reducing ergonomic exercise pocket book is arranged as attractive as possible, full color, accompanied by pictures and photos that can attract readers. The preparation of this hypertension reducing ergonomic exercise pocket book is to provide insight to the public about how ergonomic exercise can reduce high blood pressure.*

***Keywords :*** *hypertension, ergonomic exercise, pocket book*

