

## HEALTHY LIFESTYLE TO PREVENT HYPERTENSION

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### RESUME

**Back ground:** Healthy *lifestyle* is an important part in managing *hypertension* by reducing weight for obese individuals, doing physical activity / sports, avoiding alcohol, caffeine and smoking habits so as not to cause severe *hypertension* and dangerous complications. *Hypertension* is a condition when the blood pressure in the blood vessels increases chronically. The problem of *hypertension* every year is increasing. Therefore, the authors are interested in making a *pocket book* media for the community as an effort to prevent *hypertension*. A healthy *lifestyle pocket book* to prevent *hypertension* can be beneficial for the community, especially for people with *hypertension*. **Objective:** to increase public awareness about a Healthy *Lifestyle* to Prevent *Hypertension* as an effort to prevent complications and also improve the quality of life in order to adopt a healthy lifestyle. **Method:** A *pocket book* entitled "Healthy *Lifestyle* to Prevent *Hypertension*" which can attract the attention of readers so that they can understand and increase knowledge. **Conclusion:** A *pocket book* entitled "Healthy *Lifestyle* to Prevent *Hypertension*" which contains information and material about *hypertension* and *hypertension* prevention, a healthy *lifestyle* for the prevention of *hypertension* so as to improve the quality of life for people to change a healthier *lifestyle*.

**Keywords:** *Lifestyle, Hypertension, Pocket Book*