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METHOD OF ERGONOMIC Gymnastics AS AN EFFORT TO
REDUCE HYPERTENSION BLOOD PRESSURE IN THE
FOLLOWING AGE

SUMMARY

Background: Hypertension often occurs in anyone, especially the elderly. Easy exercise such as ergonomic exercise. This ergonomic gymnastics has a characteristic movement, such as prayer movements which are included in God's rules which can be useful for elderly people with hypertension. This booklet contains information about hypertension, from the causes, signs and symptoms, and how to treat it and of course one of the treatments is ergonomic exercise. **Purpose:** to increase knowledge of the elderly about how to do ergonomic exercise **Method:** Ergonomic Exercise Booklet for the Elderly Hypertension was chosen as a medium Communication, Information and Education (IEC). **Conclusion:** This Ergonomic Gymnastics Booklet for the Elderly with Hypertension will be made clearly in order to make it easier to use for people with hypertension, especially the elderly. This Ergonomic Gymnastics Booklet for the Elderly with Hypertension is filled with material on hypertension and ergonomic exercise, accompanied by pictures so that it can attract attention to the user.

Key words: hypertension, ergonomic exercise, booklet.