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**EFFORTS TO REDUCE HYPERTENSION IN LANSIA BY  
USING THE LANSIAN GYM METHOD  
THROUGH THE MEDIA BOOKLET**

**SUMMARY/ ESSENCE**

**Background:** Hypertension problems that are often faced by the elderly are due to degenerative processes or decreased organ function in the elderly. Meanwhile, one of the non-pharmacological therapies is exercising and exercising suitable for the elderly is exercising for the elderly. Gymnastics for the elderly is done by moving the limbs to stretch the muscles and make blood circulation smooth. This booklet was chosen as a communication, information and educational media to make it easier for the authors to provide information to the elderly and the general public about how to reduce hypertension with elderly exercise. **Purpose:** The booklet "Prevention of Hypertension with Elderly Gymnastics" is expected to be useful as a medium for health education and a guidebook for the elderly and people suffering from hypertension so that they can implement elderly exercise independently.

**Methods:** Using a media booklet entitled "Prevention of Hypertension with Elderly Gymnastics". **Conclusion:** This booklet contains 16 pages containing the elderly, hypertension, and elderly exercise, accompanied by short and clear illustrations, so that it can make it easier for readers to understand the booklet.

**Keywords:** Booklet, Elderly, Elderly Gymnastics, Hypertension.