

CORE SARI

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METHODS OF ELDERLY FITNESS AS AN EFFORT TO REDUCE BLOOD PRESSURE IN HYPERTENSION PATIENTS

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Background Hypertension is an increase in blood pressure where the systolic pressure is more than 140 mmHg and or diastolic is more than 90 mmHg. Found on two or more times at two or more different examination times. And every age there is a difference in systolic pressure and diastolic pressure. **The purpose** of this booklet media is to increase knowledge for elderly people with hypertension about the benefits of fitness exercise. **The benefits** of this booklet media increase knowledge about the benefits of elderly fitness exercises as an effort to reduce blood pressure in hypertension sufferers and can apply fitness exercises independently, especially for families who have elderly people. **The target** of this booklet media is the elderly and people who have elderly people and the general public to add insight and knowledge about fitness exercises as an effort to reduce blood pressure. So that the elderly can practice independently at home.

Keywords: Hypertension, Elderly, Gymnastics