

# ***Hypertension Exercise To Lower Blood Pressure In People With Hypertension***

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## ***Essence***

*Hypertension is a silent killer disease because it does not cause specific symptoms. Hypertension is the pressure which shows a systolic number above 140 mmHg and a diastolic number above 90 mmHg or better known as high blood pressure. Lack of public awareness in maintaining a healthy lifestyle and lack of public knowledge of hypertension control has made the hypertension potential increase every year. Hypertensive exercise can be used as an alternative in controlling hypertension non-pharmacologically. Hypertension exercise can be done 2 times a week with a duration of  $\pm$  20 minutes and is carried out for 3 weeks. One of the media that can be used in conveying information about controlling hypertension with hypertension is a booklet. Booklets can be used to increase public knowledge about hypertension control, because booklets provide brief and concise information but include specific material. It can be concluded that the booklet media can provide knowledge about hypertension exercise to reduce blood pressure in hypertensive sufferers.*

***Keywords:*** *Hypertension, Hypertension Exercise, Knowledge, Booklet*