

**ERGONOMIC GYMNASTICS EDUCATION AS AN
EFFORT TO REDUCE BLOOD PRESSURE
IN HYPERTENSIVE PATIENTS
THROUGH BOOKLET MEDIA**

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SUMMARY

Background: Hypertension is a condition in which systolic and diastolic pressures are higher than 140/90 mmHg. Among hypertensive symptoms: heart palpitations, blurred vision, anxiety, headaches. If not treated will risk complications for the heart. Hypertension can be controlled with non-pharmacological therapy. One of the many nonpharmacological therapies is the practice of ergonomic gymnastics. Ergonomic gymnastics is on method that is practical and effective in maintaining the health of the body to restore the flexibility of the nervous system and blood flow. **Objective:** Knowing the making of Information and Education Communication (IEC) media in the form of booklets as a medium to increase knowledge about ergonomic exercise to reduce blood pressure in patients with hypertension. **Methods:** The media used is in the form of a booklet as a promotional media containing ergonomic gymnastics education by providing steps to do ergonomic gymnastics. **Result:** Print media in the form of booklets can be used to provide information and as education about ergonomic gymnastics can be used to increase public knowledge. **Conclusion:** Booklet media can provide information to increase public knowledge, especially hypertension sufferers, about ergonomic gymnastics to reduce blood pressure in hypertensive sufferers.

Keywords : Hypertension, Ergonomic Gymnastics, Booklet