

**SENAM AEROBIK *LOW IMPACT* DAN *SLOWDEEP BREATHING*
EXERCISE UNTUK MENURUNKAN HIPERTENSI PADA LANSIA**

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SUMMARY

Background: Elderly is the stage of old age in individual development with an age limit of 60 years and over. Elderly is a condition characterized by a person's failure to maintain balance against physiological stress conditions.

From this description, it can be concluded that the elderly is someone over 60 years of age who experiences gradual physical, mental and social decline. Hypertension is a systolic pressure of more than 140 mmHg and a diastolic blood pressure of more than 90 mmHg. Hypertension is a disease that arises due to the interaction of various factors. Increasing age will cause several physiological changes, in the elderly there is an increase in peripheral resistance, the arterial walls will experience thickening as a result of the accumulation of collagen in the muscle layer so that the blood vessels will gradually narrow and become stiff. Slow deep breathing is the right technique for relaxation which is done by adjusting the breath deeply and slowly. Slow deep breathing exercises are considered the most beneficial in lowering blood pressure. Low impact aerobics is the right exercise to be applied to people with hypertension because the movements contained in it are relatively light, for example walking forward and backward, walking in place and a combination of hand and shoulder movements.

Keywords: Hypertension in the Elderly, Low Impact Aerobic Exercise, Slow Deep Breathing