

**APPLICATION OF BRISK WALKING SOCCER TO BLOOD PRESSURE IN
JOYOTAKAN DISTRICT**

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ABSTRAC

Background: hypertension is a common chronic disease worldwide commonly known as high blood pressure. Hypertension is a chronic state characterized by increased blood pressure on the walls of arterial arteries. The percentage of hypertensive cases in central Java is 37.57%. One of the nonpharmacological therapies hypertensive is brisk walking exercise. Brisk walking exercise is highly effective in stimulating maximum heart rate, stimulating muscle spasms, glycogenic fission, and increased oxygen of the target **Objective:** to find out how brisk walking exercise leads to blood pressure in Joyotakan village. **Method:** Using a descriptive method with a case study design approach, the respondents used 2 patients with hypertension. The identification of respondents to the inclusion and exclusion criteria, the application of brisk walking exercise makes 4 times in one week, using a sphygmomanometer measure of blood pressure. **Results:** brisk walking exercise reduced blood pressure in 2 respondents after brisk walking exercise 4 times in 1 week in Joyotakan village. **Conclusion:** there is a change to 2 respondents after brisk walking soccer during 4 days of adoption in Joyotakan village

Keywords: Brisk Walking Exercise, hypertension, blood pressure

