

***HYPERTENSIVE GYMNASTICS AS AN EFFORT TO LOWER BLOOD
PRESSURE IN THE ELDERLY WITH MEDIA BOOKLET***

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SUMMARY

Background: Older adults often experience changes in their health, both physically and mentally, making them more susceptible to various diseases. Common diseases among older adults often manifest as increased blood pressure (hypertension). Hypertensive gymnastics is a form of physical exercise designed to improve optimal heart function and reduce the risk of chronic conditions, including hypertension. ***Objective:*** To serve as an informational medium to enhance elderly individuals' knowledge about hypertension exercises as a means to lower blood pressure, presented in a concise and clear manner through illustrations. ***Method:*** A booklet was used to provide information and improve elderly individuals' understanding of hypertension exercises. ***Results:*** The KIE medium, in the form of a booklet, contains information about hypertension exercises that elderly individuals can perform, accompanied by illustrations for easy comprehension. ***Conclusion:*** It is hoped that the booklet can facilitate the dissemination of information about hypertension exercises and their benefits for the elderly, and that they can be applied in daily life to reduce blood pressure.

Keywords: Booklet, Elderly, Hypertension, Hypertensive Gymnastics