

**GYMNASTICS EDUCATION FOR THE ELDERLY WITH
HYPERTENSION AS AN EFFORT TO REDUCE HYPERTENSION
TO THE ELDERLY THROUGH VIDEO MEDIA**

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ESSENCE

Background: Hypertension is a chronic disease due to excessive and almost non-constant blood pressure in the arteries, in Wonogiri Regency in 2023 as one of the areas with high hypertension. The number of people with hypertension is 17,391 people. The low level of physical activity in the elderly is the main contributor to the increase in hypertension cases in the elderly gymnastics carried out regularly for four weeks can significantly reduce systolic and diastolic blood pressure. Gymnastics for the elderly can be used as a non-pharmacological approach. **The goal:** Produce a media work . **Method:** How to create the media by describing the exercise for the elderly with hypertension, the storage method is 134.8 MB and editing with Cap Cut, Kine Master, and Alight Motion. **Result:** The resulting video media is 7 minutes 38 seconds long. **Conclusion:** The video media entitled contains education on the elderly with hypertension as an effort to reduce hypertension in the elderly through video media as a KIE medium to increase the knowledge of gymnastics for the elderly with hypertension.

Keywords: elderly, elderly exercise, hypertension ,video