

**ABSTRACT**

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***THE APPLICATION OF 30 MINUTES WALKING EXERCIS TO  
LOWER BLOOD PRESSURE IN PATIENTS WITH  
HYPERTENSION AT GAMBIRSARI HEALTH CENTER***

**ABSTRACT**

**Background** : Hypertension is a state of cardiovascular disease characerized by an increase in boold pressure beyond normal. Hypertension is expressed milli meters (mm) mercury (Hg). Patients with hypertension can be done 30 minutes walking foot to lower blood pressure. **Objective** : To know the effect of the exercis of walking 30 minutes to lower blood pressure in patients with hypertension. **Methods** : this type of study is applied study with case studies and using descriptive studt method. **Result** : blood pressure before implementing the 30 minutes walking exercise to Ny. P 178/80 mmHg dan Ny.C 145/80 mmHg. After implementing the 30 minutes walking exercise the blood pressure Ny.P 170/80 mmHg and Ny.C 130/80 mmHg. **Conclusion** : a decrease after the implmentation of 30 minuted walking exercise for 2 weeks, 3 times every week on 3-5 july 2018 and in the second week of 9-11 july 2018 at kadipiro Banjarsari district Surakarta city.

**Keywords:** Hypertension, 30 Minutes Waking Exercise, Bold Pressure