

**APPLICATION OF AEROBIC GYM LOW IMPACT AGAINST
DECREASING BLOOD PRESSURE IN HYPERTENSION PATIENTS IN
WORKING AREA OF SIDOHARJO HEALTH CENTER**

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ABSTRACT

Background: Hypertension is a condition where a person's blood pressure has increased above the level of $\geq 140 / 90$ mmHg. Low impact aerobic exercise is one of the non-pharmacological nursing interventions to reduce blood pressure. **Objective:** To describe blood pressure before and after low impact aerobic exercise. **Research method:** The application of this case using descriptive methods is a fact-finding process with the right interpretation. **Results:** The results of blood pressure before low impact aerobic exercise on Ny.G 151/96 mmHg after low impact aerobic exercise were 134/80 mmHg. In Ny.S before do aerobic low impact exercise 153/98 mmHg and after the low impact aerobic exercise was 136/82 mmHg. **Conclusion:** There is a decrease in blood pressure in Ny. G and Ny.S after the application of low impact aerobic exercise in the puskesmas work area of Sidoharjo.

Keywords: Blood pressure, hypertension, low impact aerobic exercise