

**APPLICATION OF GYMNASTICS FIT ELDERLY AGAINST BLOOD
PRESSURE IN HYPERTENSIVE PATIENTS AND KLATEN ON
KARANGNONGKO**

Elimtias Widya Putri, Mulyaningsih, Irma Mustika Sari

elimtias@gmail.com

Diploma III Nursing

STIKES ' Aisyiyah Surakarta

ABSTRAK

Background; *The results indicate the prevalence of hypertension nationally, (25.8%), however this still need to be beware of remembering the hypertension is one of the degenerative disease risk factors. Effective ways to lower high blood pressure through several mechanisms such as changes in neurohumoral, adaptation of the structure of the blood vessels, as well as the drop in Catecholamines and the peripheral custody total i.e. by doing Gymnastics Fit elderly. **Destination;** Describe the application of gymnastics fit elderly against a decrease in blood pressure in hypertensive patients. **The method;** Deskriptif research methods research design case studies. The sample in this research as much as 2 respondents. This research instrument using sheets of observation and manometers for measurement Sphygmo-blood pressure. **The results;** Blood pressure measured 15 minutes before done gymnastics fit elderly experiencing hypertension mild and measured back 20 minutes after done gymnastics fit elderly experience decreased blood pressure with mild hypertension still a category. **Conclusion;** There is a difference of blood pressure before and after done gymnastics fit elderly that is happening decreased systolic pressure 5 mmHg and diastolic pressure drop 10 mmHg.*

Key Words: *Elderly, Hypertension, Gymnastics Fit Elderly*