

**PENERAPAN JALAN KAKI PAGI TERHADAP TEKANAN DARAH  
PADA LANSIA DENGAN HIPERTENSI DI DESA  
RINGINLARIK MUSUK BOYOLALI**

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**ABSTRACT**

**Background:** Exercise is one of the physical activities that is easily carried out by various people, especially the elderly. Exercise or physical activity that is highly recommended to the elderly is morning walk or morning walk therapy. However, lots of elderly people are reluctant to do so. These are due to feeling lazy and lacking of knowledge about the importance of it, so that lots of elderly people suffer from hypertension. **Research purpose:** To find out the applicatin of morning walk to the elderly with hypertension in the village of Ringinlarik, the sub-District of Musuk, the District of Boyolali. **Research method:** Using the observation method with the observation sheet. **Result:** After the application of morning walk therapy for three consecutive days with a duration of 30 minutes, there is a decrease in systolic and diastolic blood pressure in both respondents. **Conclusion:** The application of morning walk has been shown to reduce hypertension in the elderly, including systolic and diastolic blood pressure. The more elderly people walk in the morning, the more stable the blood pressure they get.

**Keywords:** Morning Walk, Hypertension, Elderly