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AEROBIC GYMNASTICS <i>LOW IMPACT</i> DECREASE IN EFFORT TO PRESSURE BLOOD IN HYPERTENSION PATIENTS THROUGH THE MEDIA <i>BOOKLET</i>	
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<p>Background: Hypertension as a <i>silent killer</i> because it does not cause typical symptoms in sufferers even though it has been years and without realizing it there have been complications. Hypertension is dangerous because it has many complications such as stroke, heart disease, and kidney failure, which is a catastrophic disease. Information about gymnastics aerobics <i>low impact</i> can be packaged through the <i>Media Booklet</i>. <i>Booklets</i> are one of the media used in health promotion in the form of small books, which store information in the form of written sentences that are made simple so that they are easy to understand and there are pictures that can help the target understand the material presented.</p> <p>Purpose: To make it easier for the public to understand the material presented in the <i>booklet</i>, because the <i>booklet</i> contains material that is short, dense, clear, and contains pictures to make it easier to understand and attract people's reading interest by using <i>booklets</i> with attractive designs. Conclusion: <i>booklet</i> gymnastics aerobics was <i>Low impact</i> created to increase knowledge about gymnastics aerobics <i>Low impact</i> as a therapy <i>non-pharmacological</i> hypertension that can be done independently.</p>	
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