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<p><b>EFFORTS TO CONTROL BLOOD PRESSURE IN HYPERTENSION PATIENTS WITH HYPERTENSION GYMNASTICS</b></p>	
<p><b>SUMMARY</b></p>	
<p><b>Background:</b> Hypertension is a health problem that is often found in the community and if it is not controlled properly, it will cause damage to organs such as the heart, kidneys and brain. Non pharmacological therapy that can be done to control hypertension is doing hypertension gymnastics. Therefore, the author has the idea of making a booklet entitled controlling blood pressure in hypertension patients with hypertension gymnastics. <b>Purpose:</b> to increase the knowledge and insight of the public and people with hypertension about hypertension and how to control hypertension with hypertension exercise. <b>Methods:</b> Booklet controlling blood pressure in hypertensive patients with hypertension gymnastics was selected as a medium of communication, information and education (IEC). <b>Conclusion:</b> This booklet for the general public and people with hypertension is made with an attractive appearance, which contains material on hypertension and hypertension gymnastics, and has 23 pages.</p>	
<p><b>Keywords:</b> Hypertension, hypertension gymnastics, Booklet</p>	