

***BRISK WALKING EXERCISE (JALAN CEPAT) UNTUK MENURUNKAN
HIPERTENSI***

Yanuar Adisasongko, Ika Silvitasari, Hermawati

21wikanwikan@gmail.com

Universitas 'Aisyiyah Surakarta

ESSENCE

Background: Hypertension is a disorder that occurs in blood vessels which causes the supply of oxygen and nutrients carried by blood through blocked blood vessels to the tissues that need them. A person can be said to have hypertension whose blood pressure systolic more than 140 mmHg and diastolic pressure more than 90 mmHg. If untreated, this disease can interfere function of other organs, especially vital organs such as the heart and kidneys. **Purpose:** The purpose of this poster is to describe the Brisk Walking Exercise (Brisk Walk) therapeutic exercise to reduce hypertension. **Methods:** The method used the IEC media, this media expected to be a source of information about the use of the rapid walking exercise therapy training method to reduce hypertension.

Results: Posters will be published on HKI at 'Aisyiyah University Surakarta and especially for people with hypertension so they can see and apply the rapid walking therapy exercises to reduce hypertension. **Conclusion:** For a medium of education and health and educational media for the public and the general public, especially hypertension sufferers to increase knowledge about the action procedure of the fast walk therapy exercise to reduce hypertension.

Keywords: *Hypertension, Brisk Walking Exercise (Brisk Walk), Poster*