

AEROBIC LOW IMPACT TRAINING TO REDUCE HIGH BLOOD PRESSURE IN ELDERLY WITH HYPERTENSION

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ESSENCE

Background: Hypertension often occurs in the elderly because of decreased cardiovascular function so that the risk of hypertension increases. The prevalence of hypertension in the elderly in Indonesia for the age 55-64 years is 45.9%, the age 65-74 years is 57.6%, and those aged > 75 years are 63.8%. Non-pharmacological therapies that can be used to lower blood pressure in the elderly include low impact aerobic exercise. **Aim:** to provide knowledge for elderly people with hypertension about low impact aerobic training videos to lower blood pressure. **Output Description:** The output achieved was a video of aerobic low impact training for elderly people. The output theme is low impact aerobic exercise to reduce blood pressure in elderly people with hypertension. **Conclusion:** This video output is useful to provide knowledge for elderly people with hypertension about low impact aerobic training videos to lower blood pressure.

Keywords: *blood pressure, low impact aerobic training, video*