

# HEART EXERCISES TO REDUCE HYPERTENSION ON LANSIA THROUGH POCKET BOOKS

Sekar Ayu Kinanti, Ida Nur Imamah, Sri Hartutik

[Sekarayu20072018@gmail.com](mailto:Sekarayu20072018@gmail.com)

faculty of health sciences

Surakarta 'Aisyiyah University

## ESSENCE

**Background ;** Hypertension is a condition in which a person has an increase in blood pressure above normal which results in increased morbidity and mortality. One of the causes of hypertension is environment and lifestyle. Blood pressure can be treated by protecting the environment and changing lifestyles by exercising, one of which is heart exercise. Heart exercise is a sport that is designed to always prioritize the ability of the heart, large muscle movements, and joint flexibility, as well as getting as much oxygen as possible. This heart exercise is carried out 4 times a week with a duration of 30 minutes of exercise every morning. Information about heart exercise to reduce hypertension in the elderly can be socialized through the media. One of them is pocket book media. **Aim ;** The pocket book can be used as a media for health guidelines in the community, especially the elderly who have hypertension to find out how to reduce hypertension through heart exercise. **External description ;** The theme of this pocket book is cardiac exercise to reduce hypertension and was created using a Microsoft Word 2013 computer with a pocket book size of 10x13 cm. **Conclusion ;** Cardiac exercise can reduce hypertension and a heart exercise pocket book to reduce hypertension in the elderly can be used as a medium of education, communication, and information.

*Keywords: Hypertension, Heart Gymnastics.*