

CORE SARI

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| Methods Of Lansia Gymnastics Using Collaboration of Deep Breath Relaxation Against Blood Pressure in Elderly Patients with Hypertension | |
| <p style="text-align: center;">CORE SARI</p> <p>Background: Hypertension is a systolic pressure greater than 140 mmHg and a diastolic blood pressure greater than 90 mmHg. Increasing age will cause several physiological changes, in the elderly there is an increase in peripheral resistance and sympathetic activity. Blood pressure will increase after the age of 45-55 years, artery walls will experience thickening due to the accumulation of collagen in the muscle layer, so that the blood vessels will gradually narrow to become stiff. The purpose of this video media is to make it easier for elderly people with hypertension to understand the management of hypertension by means of elderly exercise with deep breath relaxation collaboration. The benefits of this video media for the elderly with hypertension are to increase knowledge about the benefits of elderly exercise with deep breathing relaxation collaboration as an effort to reduce blood pressure in the elderly through the video media. The target of this video media is elderly people with hypertension, the general public to increase knowledge about non-pharmacological management of hypertension using elderly exercise with deep breathing relaxation collaboration, this can also make it easier for the elderly to lower blood pressure independently at home.</p> | |
| Key words: hypertension, elderly exercise with deep breath relaxation collaboration. | |

