

***INCREASING KNOWLEDGE OF PHYSICAL ACTIVITY WALKING TO
REDUCE BLOOD PRESSURE IN ELDERLY BLOOD PRESSURE IN
ELDERLY WITH HYPERTENSION THROUGH BOOKLET MEDIA***

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Essence

Hypertention is systolic blood pressure 140 mmHg or more and diastolic blood pressure 90 mmHg or more. Hypertention can be treated with pharmacologic and non - pharmacologic therapy, one example of non – pharmacological therapy that is physical activity of walking, physical activity of walking is a routine activity that use leg muscle work to perform movement in rotation, for 30 minutes per day 3x done in week in a row. One of the media that can be used in providing information is a booklet. Booklet can be used with the aim of increasing knowledge, because booklet provide more specific information. It can be concluded that the booklet media can provide information to increase knowledge about physical activity walking to lower blood pressure in the elderly with hypertention.

Keywords : Hypertention, Walking physical activity, Decreased blood pressure, Knowledge, Booklet