

**EDUCATION ABOUT HEART GYMNASTICS TO  
DECREASE HYPERTENSION  
WITH VIDEO MEDIA**

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**SUMMARY**

**Background** : Hypertension is one of the main health problems that are life-threatening. Hypertension in the world reaches 1.13 million people or about 22% of the rate of pain (morbidity) with the highest prevalence in Africa 27%, and the lowest in the Americas 18%. The prevalence of hypertension in Indonesia based on measurements of the population over the age of 18 years was 25.8% in 2013 and increased in 2018 by 34.1%. The results of heart gymnastics research can lower blood pressure in hypertension patients from 140-159/90-99 mmHg (66.7%) 120-139/80-89 mmHg (66.7%). **Method** : By using video media titled "Heart Gymnastics Creations Healthy Movements Lower High Blood Pressure" was chosen as a communication media in providing health information in hypertension patients. **Result** : External video media that is expected to be a guide to exercise to lower blood pressure in hypertension with heart gymnastics. **Conclusion** : The video titled "Heart Gymnastics Creations Healthy Movements Lower High Blood Pressure" was made to increase knowledge and motivate people with hypertension to apply heart gymnastics as an effort to lower blood pressure.

**Keywords**: Education, Heart gymnastics, Hypertension, Video media.