

***HYPERTENSION GYMNASTICS FOR REDUCING HIGH BLOOD PRESSURE IN
HYPERTENSION LANE WITH VIDEO MEDIA
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SUMMARY

Background: The elderly population cannot be separated from the health problems that occur in the elderly, decreased organ function triggers various degenerative diseases. Hypertension is often found in the elderly. Hypertension or high blood pressure is an abnormal increase in blood pressure in the arteries that carry blood from the heart and pump to all tissues and organs of the body continuously for more than one period. Hypertension exercise is part of an effort to reduce body weight and manage stress, which are two factors that increase the risk of hypertension. Hypertension exercise is a sport, one of which aims to increase blood flow and oxygen supply to active muscles and skeletons, especially for the heart muscle. Method: Video media is one of the media to help the elderly to do hypertension exercise. Result: One of the media that can be used to provide information is video media. Video is a tool in health education with an effective delivery that is clearer and the target community can receive the person's message clearly and precisely. Conclusion: Video media can provide information about hypertension exercise to reduce high blood pressure in hypertensive elderly.

Keywords: Elderly, Hypertension, Hypertension Gymnastics