

## **YOGA GYMN METHOD AS EXERCISE BLOOD FLOW TO REDUCE ELDERLY HYPERTENSION USED VIDEO MEDIA**

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### **SUMMARY**

**Background;** World Health Organization (WHO) and The International Society of Hypertension (ISH), called the 600 million people with hypertension worldwide, 3 million of them die every year. The prevalence of hypertension in the elderly was increasing with age groups. A disease that did often found in the elderly was caused by deterioration in the function of blood vessels, namely hypertension. Yoga exercises have been proven effective in reducing hypertension for the elderly. The exercises Yoga gymnastics was combines of physical movements and breathing. The Yoga gymnastics will affect blood flow throughout the body so that blood flow can be smooth. **The purpose;** the video Yoga exercises for the elderly so that they can reduce hypertension. **The method;** of finaly project was namely demonstrating gymnastic movements. This output project was called Yoga Gymnastics. **The result;** the output achieved was a video entitled "Yoga Gymnastics to reduce elderly hypertension". The video output design consists of cover and content sections. **Conslusion;** using video media was expected to increase knowledge in the elderly and encourage the elderly to do yoga exercises so that they can reduce hypertension. This video has make it by individu, and there have Intellectual Property Rights (IPR) which were protected by law.

**Keywords:** yoga, gymnastic, hypertension, video