

**APPLICATION OF BRISK WALKING EXERCISE TO PRESSURE  
BLOOD IN HYPERTENSION PATIENTS IN KALIPELANG  
VILLAGE MOJOLABAN SUKOHARJO**

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**ABSTRACT**

**Background:** Hypertension is an increase in blood pressure above the normal value with a systolic blood pressure of about 140 mmHg or a diastolic pressure of about 90 mmHg. Hypertension is a problem that needs to be watched out for, because there are no specific symptoms in hypertension. This is what makes hypertension a silent killer so that people are aware of having hypertension when the symptoms they feel are getting worse. Hypertension can be controlled in 2 ways, namely pharmacological and non-pharmacological. One of the non-pharmacological techniques is brisk walking. Brisk walking is a form of aerobic exercise using brisk walking techniques. **Objective :** To describe the results of applying Brisk walking exercise to lowering blood pressure. **Method:** This type of application is a case study that uses a descriptive method. **Results :** Measurement of blood pressure before doing Brisk walking exercise on Ny. S the result is 150/90 mmHg and Mrs. W 140/90 mmHg. While the measurement of blood pressure after Brisk walking exercise on Ny. S 130/80 while Mrs. W 120/70 mmHg. **Conclusion:** There is a decrease in blood pressure before and before the implementation of Brisk walking exercise.

**Keywords:** *Hypertension, Brisk Walking Exercise, Decrease Blood Pressure.*