

***EXERCISE PROGRAM GUIDELINES FOR THE PREVENTION AND
TREATMENT OF HYPERTENSION IN PRE-ELDERLY***

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SUMMARY

Background: the growth of the global elderly population, the number of hypertensive patients has doubled from around 650 million in 1990 to around 1.28 billion in 2019. Although the prevalence of hypertension has mainly decreased in high-income countries it has increased in high-income countries low and medium, and this trend is expected to continue. Providing interventions as a form of prevention and treatment for hypertension is one of the efforts to reduce the incidence of hypertension in the elderly. Several interventions that can be provided include slow deep breathing, stretching, and brisk walking. Elderly people who suffer from hypertension have a habit of smoking, consuming coffee, like to eat salty foods, and rarely exercise. Seeing the phenomenon above, it is very important for the elderly to control their blood pressure regularly by maintaining and preventing it for those who do not experience it. The large number of elderly people who experience hypertension is certainly an important job for health workers, especially physiotherapy, to overcome the problems or manifestations that arise from hypertension and most importantly to prevent the risk of death, so an overview of the benefits of interventions in the form of Slow deep breathing, stretching, and brisk walking, in preventing and treating hypertension problems in the elderly.

Purpose: to increase knowledge, especially for physiotherapists and the elderly, regarding the application of slow deep breathing, stretching, and brisk walking, to prevent hypertension in the elderly. Method: The IEC media chosen is a pocket book. Pocket books were chosen as IEC media because they have several advantages. **Results:** KIE media pocket book entitled "Guidelines for the Exercise Program for Preventing and

Treating Hypertension in Pre-Elderly"

Conclusion: a pocket book entitled "Guidelines for Exercise Programs for Preventing and Treating Hypertension in Pre-Elderly People." chosen as a health promotion media targeting physiotherapists, physiotherapy students and the pre-elderly.

Keywords: Slow deep breathing, stretching, brisk walking, pre-elderly