

**APPLICATION OF BRISK WALKING EXERCISE TO CHANGES IN  
BLOOD PRESSURE IN HYPERTENSION SUFFERERS IN CEMANI**

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**ABSTRACT**

**Background:** Hypertension or high blood pressure is an increase in blood pressure of a person aged > 18 years measured by systolic results > 140 and diastolic > 90. *Brisk walking exercise* is a form of aerobics with regular activity training in hypertensive patients using brisk walking techniques for 30 minutes performed 4x / week in 2 weeks with an average speed of 4-6 km / hour. **Objective:** This application is carried out to determine the effectiveness of the application of *brisk walking exercise* on changes in blood pressure in patients with hypertension. **Method:** This application uses a descriptive method, selection of samples according to inclusion criteria and randomly selecting 2 respondents. The application instrument uses *a digital Sphygmomanometer* and the application is carried out 30 minutes for 4x / week in 2 weeks. **Results:** The results of the application of *brisk walking exercise* in both respondents showed a change in blood pressure reduction, from those previously included in the classification of grade 1 hypertension to normal and high normal. **Conclusion:** The conclusion of the application shows that there is an effect of changes in lowering blood pressure after *brsik walking exercise* on patients with hypertension.

**Keywords :** Hypertension, Brisk walking exercise, Blood pressure