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**THE APPLICATION OF BRISK WALKING EXERCISE TO LOWER BLOOD PRESSURE IN PATIENTS WITH HYPERTENSION IN GAMBIRSARI VILLAGE**

**ABSTRAK**

**Background:** Hypertension is a major factor in coronary heart disease, kidney failure, stroke. Prevalence of hypertension based on data at Gambirsari Public Health Center as many as 3,816 people. Treatment of hypertension can be done with pharmacological and non-pharmacological therapy, one of the non-pharmacological therapy that can lower blood pressure is Brisk Walking Exercise. This exercise is effective enough to increase the maximum capacity of heart rate and stimulate muscle contraction. **Objectives:** To describe the results of exercise Brisk Walking Exercise to decrease blood pressure in patients with hypertension. **Method:** This research technique using descriptive research method and observation on research subject. Blood pressure measurements were measured by sphygmomanometer and stethoscope and then recorded before and after the application of Brisk Walking Exercise. **Result:** blood pressure measurement before applying Brisk Walking Exercise in Mr. M 140/90 mmHg and Mr. S 150/90 mmHg, while systolic and diastolic blood pressure after the application of Brisk Walking Exercise on Mr. M 120/80 mmHg and Mr. S 140/90 mmHg. Differences in blood pressure development before and after the application of Brisk Walking Exercise on Tn. M and Mr. S there was a systolic and diastolic decrease of 10 mmHg. **Conclusion:** There was a decrease in blood pressure before and after the application of Brisk Walking Exercise in hypertensive patients in Gambirsari Public Health Center.

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