

# APPLICATION OF BRISK WALKING EXERCISE (QUICK ROAD) ON DECREASING BLOOD PRESSURE IN HYPERTENSION PATIENTS AT TANJUNG JATIREJO VILLAGE

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## ABSTRACT

**Background :** Hypertension is a disorder of the blood vessels which results in the supply of oxygen and nutrient carried by the blood stunted to the tissues that need it with an increasing prevalence every year. Brisk Walking Exercise is a form of moderate activity training in hypertensive patients using brisk walking techniques for 20-30 minutes with an average speed of 4-6 km/hour. This exercise is effective enough to increase maximum heart rate capacity, stimulate muscle contraction, break down glycogen and increase the use of fat and glucose. **Objective :** To determine changes in blood pressure after exercise therapy. **Method :** this type of research is applied research with case studies that use descriptive research methods. This application uses two respondents. This application is done by giving fast roads for 2 weeks with 8 meetings for approximately 20 minutes. **Result :** blood pressure Ny. S before a brisk walking exercise of 180/100 mmHg and after brisk walking for 8 meetings becomes 140/100 mmHg, while Ny. B before brisk walking exercise of 180/100 mmHg and after brisk walking becomes 150/80 mmHg. **Conclusion :** there are differences in blood pressure before and after Brisk Walking Exercise therapy in Tanjung Village, Jatirejo Village, Jumapolo District, Karanganyar Regency.

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