APLICATION OF *BRISK WALKING EXERCISE* TO CHANGES IN BLOOD PRESSURE IN HYPERTENSION SUFFERERS IN COMMUNITY HEALTH CENTER AREA CEPOGO REGENCY BOYOLALI

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ABSTRACT

Background: *Hypertension is a non-communicable disease characterized by blood pressure levels exceeding the normal range, which increases the risk of cardiovascular complications. Brisk walking exercise is a non-pharmacological therapy that can help lower blood pressure.* ***Objective****: To describe the results of implementing brisk walking exercise on blood pressure reduction in hypertensive patients within the service area of the Cepogo Community Health Center.* ***Methods:*** *This study employed a descriptive case study design involving two hypertensive patients, Mrs. S and Mrs. M. Blood pressure was measured before and after the intervention using a digital sphygmomanometer. The brisk walking exercise was performed for 30 minutes at a speed of 4–6 km/h, three times a week for two weeks.* ***Results:*** *Prior to the intervention, the blood pressure readings were 150/92 mmHg for Mrs. S and 155/96 mmHg for Mrs. M. Following the intervention, Mrs. S's blood pressure decreased to 115/76 mmHg, and Mrs. M's decreased to 119/78 mmHg.* ***Conclusion:*** *Brisk walking exercise can help lower blood pressure in hypertensive patients; therefore, it can be utilized as a non-pharmacological therapy for hypertension management.*

Keywords: *Blood Pressure, Brisk Walking Exercise, Hypertension, Non-pharmacological Therapy.*