



## **Program of Combined Physical Exercises (Aerobic-Anaerobic), Aimed at Hypertensive Subjects of the Commune of Arica**

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**KEYWORDS** Aerobic. Anaerobic. Arterial Hypertension. Body Composition. Combined Exercises

**ABSTRACT** Many authors emphasize the importance of physical exercise to treat arterial hypertension. However, there are contradictions related to the orientation of combined exercises (aerobic-anaerobic). This motivated the researchers to carry out a study that aimed to: Evaluate the effect of a combined physical exercise program aimed at hypertensive people in the Arica commune; Carry out a non-experimental, longitudinal, quantitative investigation, with a sample of 250 hypertensive subjects Grades I and II, to which a combined physical exercise program was applied during 12 weeks; Evaluate body composition and blood pressure, before, during and after of the implementation of the program. The primary results were the decrease in blood pressure and fat mass, as well as the increase in muscle mass, leading to the conclusion that aerobic-anaerobic combined exercises can be recommended as part of the non-medicated treatment of arterial hypertension.