

ERGONOMICS GYMNASTICS IN EFFORTS TO OVERCOME DIABETES MELLITUS IN LANSIA

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ESSENCE

Diabetes Mellitus is a collection of symptoms that arise in a increase in blood glucose levels due to of insulin or the insulin that is produced cannot work properly. Seeing this condition, diabetes melitus non-pharmacologically. Doing ergonomic exercise 3 times a week for minutes. One of the media that can be used in conveying information about controlling diabetes mellitus with ergonomic excercise is a pocket book. Pocket Book can be used to increase public knowledge about diabetes mellitus control. The pocket book contains letters accompanied by clear pictures, so it is concluded that the pocket book media can provide knowledge about ergonomic exercise to reduce blood sugar leveld in people with diabetes mellitus.

Keywods : Diabetes Mellitus, Ergonomic Gymnastics, Pocket Book.