

**THE APPLICATION OF AEROBIC EXERCISE ON BLOOD SUGAR  
LEVELS IN DIABETES MELLITUS PATIENTS IN THE WORKING AREA  
OF PUSKESMAS SLOGOHIMO, WONOGIRI REGENCY**

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**ABSTRACT**

**Background:** *Diabetes mellitus is a chronic disease that requires comprehensive management. The prevalence of diabetes mellitus in Indonesia in 2021 reached 10.9% or approximately 19.5 million people. One effort to control diabetes mellitus is by engaging in physical activity or exercise such as aerobic exercise. Aerobic exercise is a physical exercise activity where the movements are created independently according to the needs and then arranged to follow selected musical rhythms.* **Objective:** *This application aims to determine the effect of aerobic exercise on blood sugar levels in patients with diabetes mellitus in the working area of Puskesmas Slogohimo, Wonogiri Regency.* **Method:** *This application uses a case study design method. The sample consisted of 2 respondents suffering from diabetes mellitus. The activity was carried out for 1 week with 3 sessions of aerobic exercise (30-45 minutes per session).* **Results:** *The results of the application after conducting aerobic exercise for 1 week with 3 sessions showed a decrease in blood sugar levels in both respondents.* **Conclusion:** *Aerobic exercise has an effect on reducing blood sugar levels in patients with diabetes mellitus if performed 3 times a week.*

**Keywords:** *Aerobic exercise, blood sugar levels, diabetes mellitus*