

**AN IN PHYSICAL EXERCISE ON FOOT TO LOWER BLOOD
SUGAR LEVELS IN TYPE II DIABETES MELLITUS
PATIENT IN THE GATAK MEDICAL CENTER**

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ABSTRACK

Background: *Diabetes Mellitus is a condition in which the body cannot produce the hormone of insulin as needed or body couldn't utilize the optimum insulin it produced.. One of the non pharmacological therapies the reduces blood sugar level is walking physically. Physical exercise on foot is the movement of the body nuscle and support system. Objective:* *To determine result of hiking physically for lower blood sugar level II in Diabetes Mellitus type II in Gatak Sukoharjo medical center. Research methods:* *This study used descriptive methods levels of blood sugar instrumen - glucotest and obcervation sheets. Conclusion:* *There's a difference blood sugar level Mrs.A with Mrs.A before the after application of physical exercise on foot. In Mrs.A decrease in blood sugar after the application of physical exercise on foot was included in the medium grade blood sugar classification. But the amount of blood sugar Mrs H followed the application of physical exercise on foot has been increaset as well as classification the blood sugar level is bad.*

Keyword: *Diabetes Mellitus Type II, Blood Sugar Levels, Physical Exercise on foot.*