

**THE APPLICATION OF GYMNASTICS DIABETES TO LOWER BLOOD
SUGAR LEVELS IN PATIENTS WITH DIABETES MELLITUS IN
VILLAGE CINDEREJO LOR RT 04 RW 05
GILINGAN CITY SURAKARTA**

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ABSTRACT

Background ; diabetes mellitus is the metabolic syndrome characterized by hyperglycemia due to insulin secretion with the prevalence of patients who continue to rise from year to year. There are four pillars of therapy of diabetes mellitus one diabetes exercise through the increased use of sugar by muscles during exercise. **Objective** ; to describe the application of diabetes gymnastics to the value of blood sugar levels in patients with diabetes mellitus. **Methods** ; this type of research is applied study with case studies and using descriptive study method. The implementation using two of the respondents, with the provision of gymnastics diabetes for three days with a duration of thirty minutes. **Result** : blood sugar levels as before gymnastics of diabetes in Mrs.T amounted to 358 mg/dl and Mrs.S 266 mg/dl after gymnastics diabetes submarine there days blood sugar levels as Mrs.T BE 243 mg/dl while in Mrs.S to 122 mg/dl. **Conclusion** ; there is a difference in blood sugar levels before and after diabetes gymnastics in the village Cinderejo Lor, Rt 04 Rw 05 Kelurahan Gilingan Surakarta.

Keyword ; diabetes mellitus, diabetes gymnastics, blood sugar levels when.