

***EFFORTS TO IMPROVE KNOWLEDGE ON COMBINATION OF  
WALKING EXERCISE AND HYDROTHERAPY TO REDUCE  
BLOOD GLUCOSE LEVELS IN  
TYPE II DIABETES MELLITUS PATIENTS***

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**SUMMARY**

**Background:** People with Type II Diabetes Mellitus is a problem with high presentation in the world with the percentage of sufferers that is as much as 90-95% and 80% are in low or middle income countries with an age range of 40-59 years. One of the efforts that can be done to lower sugar levels in the blood is with the Combination of Walking Exercise and Hydrotherapy. **Method:** This final project is video media. **Result:** This final project is a video media with the title "Easy Tips to Lower Blood Sugar Levels of DM Type II Sufferers by Walking and Drinking Water". **Conclusion:** Video "Easy Tips to Lower Blood Sugar Levels of Dm type II Sufferers by Walking and Drinking Water" is a useful IEC product to provide knowledge for people with Diabetes Mellitus type II to lower their blood glucose levels. By explaining the benefits and procedures of Walking Exercise and Drinking water (Hydrotherapy).

**Keywords:** Walking Exercise, Hydrotherapy, Diabetes Mellitus type II, Video Media.