

## **EFFORTS TO REDUCE BLOOD GLUCOSE LEVELS WITH DM EXERCISE THROUGH BOOKLET MEDIA**

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### **SUMMARY**

**Background:** *Diabetes mellitus is a disease with an increase in blood glucose above normal. Blood glucose levels are regulated to several levels by the hormone insulin produced by the pancreas. The increase in the number of people with diabetes in recent years is happening very quickly, and many of them do not realize how serious the disease is. This is because some sufferers are not aware of the symptoms of diabetes mellitus* **Method:** *DM Gymnastics is a physical exercise for people with Diabetes Mellitus to burn calories in the body to control blood glucose levels. As well as giving steps to do DM exercises with booklet media.* **Results:** *One of the media that can be used to provide information to people with diabetes mellitus is booklets. Media booklets contain information accompanied by pictures that can attract attention to make it easier for readers. The booklet is in the form of a small book making it easier for readers to carry.* **Conclusion:** *Media booklets can provide steps to reduce blood glucose levels by means of DM exercise to avoid side effects from drugs.*

*Keywords: Diabetes Mellitus, DM Gymnastics, Booklet.*