

ABSTRACT

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THE APPLICATION OF DIABETES GYMNASTICS TO BLOOD SUGAR LEVELS IN PATIENS WITH DIABETES MELLITUS IN THE BAYAN VILLAGE RW 07 KELURAHAN KADIPIRO DISTRICT BANJARSARI SURAKARTA	
ABSTRACK	
<p>Background ; diabetes mellitus is an one of chronic diseases with the prevalence of patiens increated. One of therapies is diabetes gymnastics that can decrease blood sugar level throught increated the use of glucose by muscle 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. This study was conducted with the provision of diabetes gymnastics 3 times a week for 2 weeks with a duration of approximately 30 minutes. Result ; the blood sugar level before diabetes gymnastic on Ny.P 423 mg/dl and 211 mg/dl to Ny.F and after exercise diabetes 6 time for 2 weeks the blood sugar level on Ny.P being 211 mg/dl adng 95 mg/dl to.Ny.F. Conclusion ; there is a difference in blood sugar levels before and after diabetes gymnastic in the Bayan village RW -7 Kelurahan Kadipiro District Banjarsari Surakarta.</p>	
Keyword ; Diabetes mellitus, Diabetes gymnastic, Blood sugar level	