

PHYSICAL IMPLEMENTATION OF DIABETIC EXERCISE ON RESISTANCE, ENDURANCE AND IMPROVING GLYCEMIC CONTROL IN PATIENTS OF TYPE 2 DIABETES MELLITUS: A LITERATURE REVIEW

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ABSTRACT

Introduction: Prevalence of diabetes mellitus in Indonesia continues to grow and is estimated to reach 366 million by 2025. Diabetes mellitus type 2 patients tend to be more difficult to control blood glucose levels due to an unhealthy lifestyle. Controlling glucose levels can be achieved by self motivation and physical exercise in various models. The aimed of this study was to examine the literature, journal articles, and research related to exercise for type 2 Diabetes Mellitus. **Method:** This is a literatur review. Data was collected through search engines such as Ebscohost, Pubmed, and Springerlink by keywords. Totally 37 journals have been found then grouped based on characteristic of the inclusion and exclusion criteria. **Result:** There were 8 articles met criteria. Most studies stated that from some diabetic exercises, aerobic exercise is a model that is most effective in controlling glucose concentrations and prevalence of hyperglycemia in patients with type 2 diabetes mellitus. **Conclusion:** The use of the aerobic exercise intervention in type 2 diabetes mellitus in controlling glucose concentrations and prevalence of hyperglycemia was effective. Combination this exercise with other exercise will provide more optimal result.

Keywords: *diabetic exercise, aerobic exercise, glycemc control, type 2 diabetes mellitus*