

ABSTRACT

Background: Diabetes Mellitus is a disease with a growing prevalence. Type 2 diabetes is the most common type of diabetes in the world. The main parameter to monitor this disease is blood glucose level. Among the many factors that can influence blood glucose level, the most important is exercise. Brain vitalization exercise is a low impact low density exercise provides the same or more benefit than vigorous exercise.

Objective: To look into brain vitalization exercise as a possible solution to decrease blood glucose level in patients with type 2 diabetes mellitus.

Method: Brain vitalization exercise is done 3 times a week by the subjects in the brain vitalization exercise group. The control group does not do the brain vitalization exercise. Laboratory blood test is used to determine fasting blood glucose level before and three months after the exercise is done.

Results: Both control and brain vitalization exercise groups showed an increase in fasting blood glucose level. However, the increase for the control group is slightly higher than the increase in the brain vitalization exercise group.

Conclusion: Brain vitalization exercise does not have any effect on blood glucose level.

Keywords: Brain vitalization exercise, fasting blood glucose level, diabetes mellitus, type 2.