



Exercise and Diabetes: A Clinician's Guide to Prescribing Physical Activity

Sheri R. Colberg

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Physical movement has a positive effect on physical fitness, morbidity, and mortality in individuals with diabetes. Although exercise has long been considered a cornerstone of diabetes management, many health care providers fail to prescribe it. In addition, many fitness professionals may be unaware of the complexities of including physical activity in the management of diabetes. Giving patients or clients a full exercise prescription that take other chronic conditions commonly accompanying diabetes into account may be too time-consuming for or beyond the expertise of many health care and fitness professionals.

The purpose of this book is to cover the recommended types and quantities of physical activities that can and should be undertaken by all individuals with any type of diabetes, along with precautions related to medication use and diabetes-related health complications. Medications used to control diabetes should augment lifestyle improvements like increased daily physical activity rather than replace them.

Up until now, professional books with exercise information and prescriptions were not timely or interactive enough to easily provide busy professionals with access to the latest recommendations for each unique patient. However, simply instructing patients to “exercise more” is frequently not motivating or informative enough to get them regularly or safely active. This book is changing all that with its up-to-date and easy-to-prescribe exercise and physical activity recommendations and relevant case studies.

Read and learn to quickly prescribe effective and appropriate exercise to everyone.

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