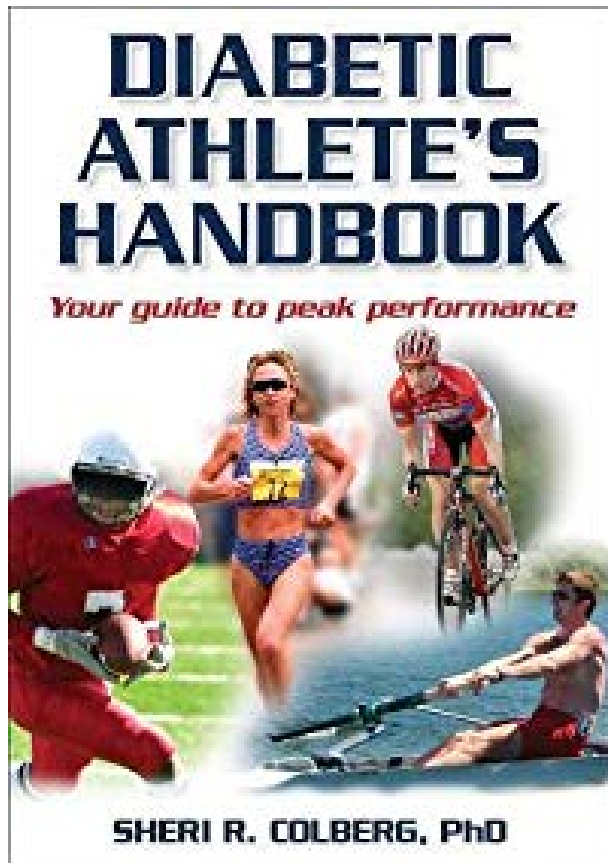


# Diabetic Athlete's Handbook



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Don't let diabetes slow you down. Whether you're a recreational exerciser or a competitive athlete, the Diabetic Athlete's Handbook has the training and performance advice you need to remain active and at the top of your game. Renowned researcher and diabetes expert Dr. Sheri Colberg has developed a practical guide specifically for athletes of all ages with type 1 and type 2 diabetes. The Diabetic Athlete's Handbook provides you with the most up-to-date information on insulins and other medications, glucose monitors, blood sugar management, nutrition and supplements, injury prevention and treatment, and mental strategies for maximizing performance and optimizing health. Featuring more than 100 sport-specific training guidelines for fitness, endurance, power, and outdoor activities, the Diabetic Athlete's Handbook is the one resource you can't afford to be without. Rely on it to stay healthy, be more active, train smarter, and reach new levels of athletic success.