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

Exercise and Diabetes covers the recommended physical activities that can and should be prescribed to all individuals with any type of diabetes, along with precautions related to medication use and diabetes-related health complications.

The medications used to treat diabetes should augment lifestyle improvements, such as increased daily physical activity, rather than replace those lifestyle changes. This essential book provides a comprehensive view on the topic, with up-to-date and easy-to-prescribe exercise and physical activity recommendations and relevant case studies that illuminate the challenges of prescribing physical activity.

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