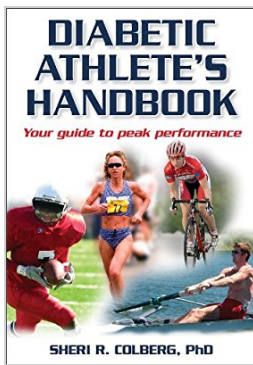


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## Diabetic Athlete's Handbook

By Sheri Colberg

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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.

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*“The Diabetic Athlete's Handbook illustrates in clear, straightforward terms just how to train for even the most strenuous sports: mountain biking, kayaking, rock climbing, snowshoeing, and much more.”*

Nadia Al-Samarrie  
Publisher and Editor in Chief  
*Diabetes Health* magazine

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