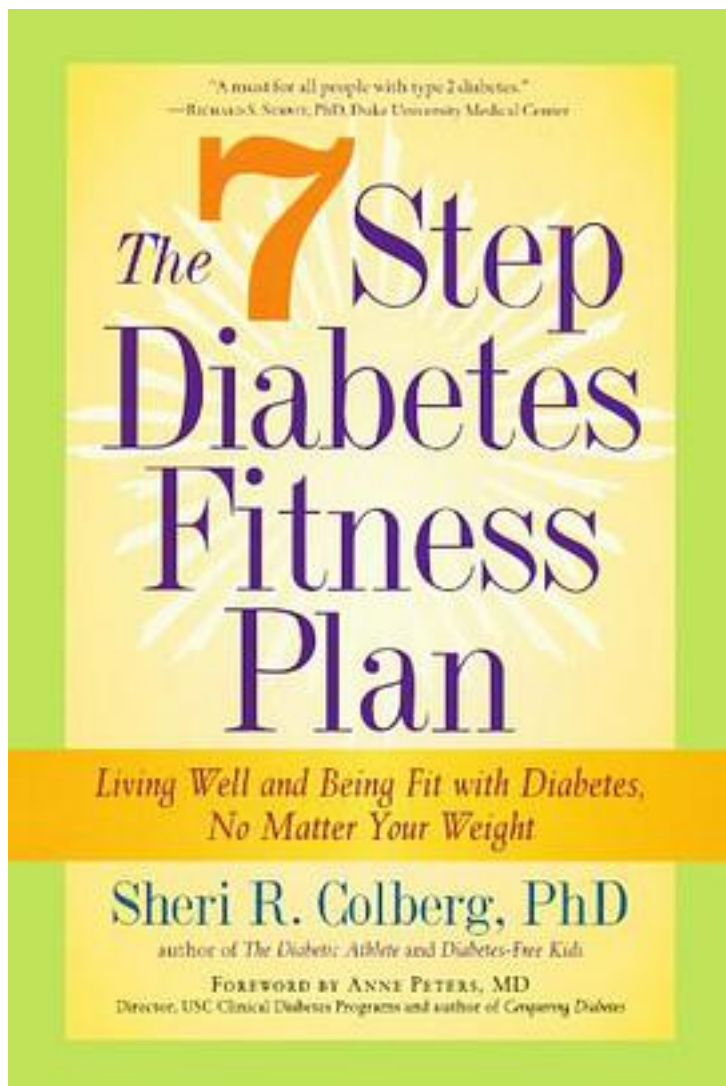


The 7 Step Diabetes Fitness Plan



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A Practical Guide to Living Well and Being Fit with Diabetes, No Matter Your Weight —Your Essential Diabetes Fitness Resource The 7 Step Diabetes Fitness Plan is the only book that effectively guides you, step by step, to achieve a healthy body despite having excess body fat and diabetes (or prediabetes). Written by one of the nation’s leading diabetes fitness authorities, it gives you the knowledge you need to live a long, healthy life with diabetes without the need for repeated dieting and unsustainable weight loss. The 7 Step Diabetes Fitness Plan fully covers 7 basic steps relating to the prevention, reversal, and control of diabetes through fitness: Step 1 _ Get Down to the Basics Step 2 _ Get Up and Get Moving Step 3 _ Become Even More Fit Step 4 _ Adopt an Optimal Eating Plan Step 5 _ Get Emotionally Fit Step 6 _ Make the Most of Meds and Supplements Step 7 _ Stay Motivated for Your Lifetime Here is practical information and dozens of tips on physical fitness, blood glucose balance with physical activity, nutrition and supplements, emotional fitness, diabetic medications, motivation, and more—information and inspiration to guide you, step-by-step, to fitness and wellness, no matter what you weigh. Includes 46 illustrations throughout

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