

Prediabetes Wake-Up Call

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Prediabetes Wake-Up Call



A Personal Road Map to Prevent Diabetes

On your route to better health,
discover...

- the prediabetes safety check
- directions for better eating
- travel tips to keep you moving
- tune-ups to turn off stress

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With prediabetes at epidemic levels, millions of people are being told by their doctor to take personal action now, before it's too late. Prediabetes Wake-Up Call provides the newly diagnosed patient with detailed information about the threat of type 2 diabetes while explaining the lifestyle changes that will lower the risk of prediabetes developing into diabetes. Prediabetes Wake-Up Call describes the facts about diabetes and includes assessment checklists and charts to help readers identify areas of relative risk. Then the author details specific strategies to address each risk factor, including weight management, exercise, and food choices, plus less-obvious strategies such as formulating new attitudes towards healthy living. Written for a lay reader, Prediabetes Wake-Up Call offers guidance, sets goals, and provides the reassurance necessary for readers to start getting healthier today.

作者介绍:

目录:

[Prediabetes Wake-Up Call_下载链接1](#)

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书评

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