



Action Plan for Diabetes (Action Plan for Health Series)

Darryl E. Barnes, American College of Sports Medicine

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Boost your energy level, control your weight, and feel stronger by taking control of your blood sugar. Action Plan for Diabetes is an exercise-based plan to help you manage and prevent complications of the disease and significantly decrease your chances of needing insulin injections. With this guide you'll be able to determine the type and amount of physical activity that's best for you. It explains how to build strength, flexibility, and endurance; monitor blood sugar levels and body weight; and combine diet with exercise and supplements and medications. Safely and effectively manage diabetes for the long term with Action Plan for Diabetes!

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