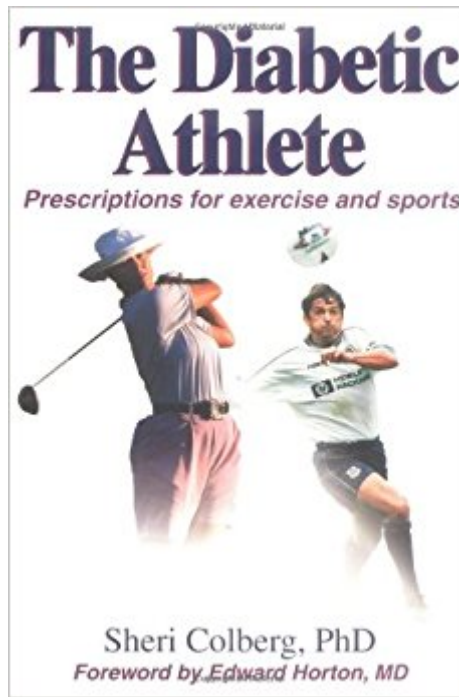


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# The Diabetic Athlete



## Synopsis

The Diabetic Athlete is the only book on the market that gives athletes and dedicated fitness enthusiasts the practical tips to manage type 1 or type 2 diabetes better while training and competing for performance. Written by a diabetic athlete with a PhD in exercise physiology and endorsed by Dr. Edward Horton, a recognized diabetes expert, The Diabetic Athlete draws from collected expertise of hundreds of diabetic athletes, sharing their experiences from sports and fitness training. Colberg analyses their experiences and provides practical advice on blood sugar balance, nutrition, and exercise to help you pursue a normal, vigorously active life. The book presents real-life examples from diabetic athletes on the special modifications they make in their diet and medication for various sports and physical activities, including general recommendations for diet and insulin changes for each activity. The Diabetic Athlete also covers the basics of exercise physiology, metabolism, nutrition, and supplements, including the following critical information:- Blood sugar response to activity- Insulin and oral medications- Nutritional and ergogenic substances- Insulin options for NPH and lente, ultralente, and pump users No other book gives so many sport-specific recommendations to help you safely pursue the activities you enjoy. With Dr. Colberg's advice, you'll feel better than ever while training for fitness and sport performance.

## Book Information

Paperback: 272 pages

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Product Dimensions: 9.1 x 6.1 x 0.7 inches

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (9 customer reviews)

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## Customer Reviews

This book is divided to two parts. The first part explains the physiology of exercise and how it relates

to diabetics. It includes general chapters and chapters dedicated to type 1 and type 2. The premise of the book is that knowledge is power, so knowing what the body does during an exercise is powering you to better manage your diabetes as it relates to exercise. It also has a chapter on nutritional supplements for diabetic athletes. The second half of the book deals with specific sport activities and gives advice on how to change your nutrition or insulin regimes to better accommodate for these activities plus examples from actual athletes. I found this part to be less useful. However the book is worth its weight in gold just for the first part and is a must have for any diabetic that considers exercise as part of his medication. The book is very well written, full of concise and clear information.

The Diabetic Athlete was exactly what I was looking for. It describes the effects different sports and activities have on blood sugar and your body. Also, provides tables and advice on how to manage your glucose levels depending on sport and type of insulin being used. Great reference and easy reading.

My son is 12 years old and a very strong, diverse athlete. He plays ice hockey, baseball and football and is very organized and very driven. As a newly diagnosed diabetic, we have many many questions about how diabetes is going to affect his life. This book gave me many ideas and made me realize that my son is first and foremost an athlete and we will fit the diabetes into his life. He is doing really well and told me yesterday that having diabetes isn't such a big deal. We are well into the baseball season and looking ahead to hockey. I was very nervous about handling low blood sugars, but he seems to take it all into stride. I highly recommend this book -- it is easy and interesting to read.

This was not quite as helpful as I'd hoped. I can understand why, since there is no one answer for the challenges of managing diabetes and exercise. It listed many types of exercise and then what various diabetics might do in certain situations, but the end result is that you STILL have to figure it out for yourself. I guess I was looking for more guidance, and more physiological information. Still worth purchasing, and there is a new version in the works by the same author.

I am a Type 2 diabetic using an insulin pump. I participate in several sports including SCUBA diving. The book is not a step by step instruction guide but gives you the issues that one must deal with in specific sports. Reading all the sections gives one a overall idea of what a diabetic on meds or

insulin should be concerned with when being physically active.

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