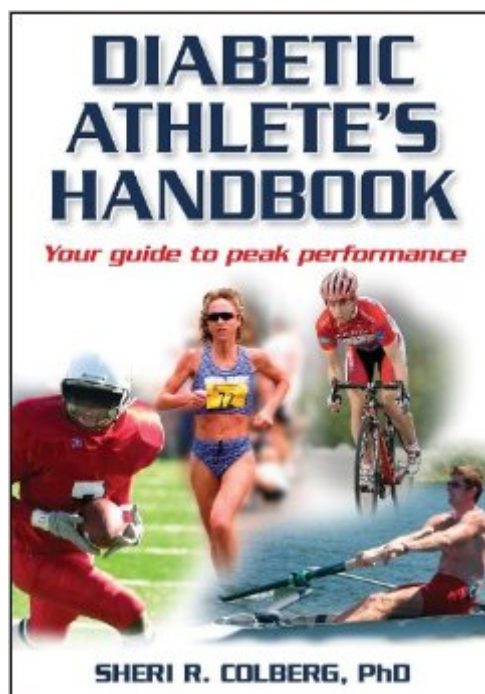


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# Diabetic Athlete's Handbook



## Synopsis

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. v

## Book Information

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## Customer Reviews

**Diabetic Athlete's Handbook** This is an excellent book for all diabetics. I found it especially useful because I am a type 1 (juvenile) diabetic and for years have been trying to regulate my blood sugars during and after exercise while using the pump. It also helped me with trying to figure out which exercises are best for me (weight lifting, aerobics, and more). The book also gives examples of young, old people with diabetes and how they handle their blood sugars while exercising.

I've been a very athletic Type 1 diabetic for 40 years. Controlling blood sugars during intense exercise (a lot of mountain bike racing for me) has always been tricky -- Many times the swings in blood sugar have been hard to explain (I expected them to go up and then went down, or visa versa). This has the best explanations I have read about the interactions of the pancreas, liver, blood insulin levels, glycogen stores, and glucose levels at different levels of intensity (aerobic, anaerobic) and the non-linear relationships. It was enlightening to understand why activities done less often cause a greater drop in blood sugar (the better sport specific shape you are in, the more you can use other energy stores than blood glucose). It doesn't solve all the mysteries, but it makes intense exercise much more workable with diabetes.

As a person with Type 1 diabetes and someone who presents frequently to groups of people wanting to know how to control their diabetes while leading an active life, the "Diabetic Athlete's Handbook" is an excellent resource. If you want to know how to maximize your athletic ability without allowing diabetes to become a hindrance, get this book. It covers the physiology as well as the practical aspects needed to become the best you can be. I often give this book away to a lucky attendee at a presentation who always leaves with a smile.

Colberg hit it out of the park again. Her book 'The Diabetic Athlete' has been my go to book ever since I started training. Even so, it left a lot of areas uncovered. I felt like it was focused too much on aerobic endurance sports and didn't give enough coverage to other sports, especially sports that focused more on anaerobic/explosive training. The first book's coverage of exercise supplements was also somewhat lacking. So of course the first thing I did when I got the Athletes Handbook was to jump to the sections dealing with those issues, and I was ecstatic to see how much those sections had improved. She provides a more comprehensive (and up to date) discussion about supplements, and much more information about managing both hypoglycemia and hyperglycemia for athletes who train/compete in activities with more erratic demands on the different energy systems. I was especially happy to see that several of the athletes profiles in her book this time were directly relevant to my sport (Judo). She also took the opportunity to update her discussion on the gadgets that run our lives, and has up to date info on meters, pumps, and newer meds. As a bonus, she has added sections on the mental aspects of training, and on managing injuries as a diabetic. Bottom line. If you are an active diabetic, run, bike or swim to your nearest bookstore and get this book.

I read the first version of this book cover to cover. Just got the newer version, and this is full of great practical information that will help my son during his middle school and high school years of playing sports (and beyond!) This book also reinforces the message that my son can play any sport with his diabetes! Thanks Ms. Colberg!

I'm not a doctor. I have diabetes. I've been to a couple of endocrinologists that could learn a thing or two from this book. There is a lot of good information in this book. Obviously, discuss all your diet and exercise plans with a doctor.

This book was very useful to me as a new TYPE 1 Diabetic at age 51. Although I'm not a marathon runner or triathlete I am an active person and off-road motorcycle and bicycle as well as participate in other active sports. There's a bazillion resources telling you how to eat healthy and for what to watch for as a diabetic with (I think) emphasis on older or overweight diabetics. I found very little for healthy not overweight and active sports oriented diabetics and how to deal with their diabetes while doing their sports without going hypoglycemic. This book was useful on how to deal with diabetes and still be an active sports person. I would recommend it to any new diabetics who are already healthy and want to continue doing their sports activities.

After struggling for years to figure out how to exercise while still controlling my blood sugar, I have discovered this book! It is an excellent resource of specific strategies, insulin adjustments, insulin pump usage, carb intake, and timing advice from diabetics. Sport by sport, the book includes case studies, personal statements, and formulas that people are using successfully. Of course, I have to alter things to fit my own body, but it offers an excellent place to begin. It is by far the best money I have spent for assistance with my Type 1 diabetes control.

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