

DIABETIC ATHLETE'S HANDBOOK

Your guide to peak performance



SHERI R. COLBERG, PhD

Diabetic Athlete

Sheri R. Colberg



Diabetic Athlete:

The Athlete's Guide to Diabetes Sheri R. Colberg, 2019-02-08 Diabetes doesn't have to slow you down. Whether you're a recreational exerciser or a competitive athlete, *The Athlete's Guide to Diabetes* has the training and performance advice you need to remain active while effectively managing your condition. Renowned researcher and diabetes expert Dr. Sheri Colberg offers best practices and tips for managing blood glucose levels for athletes of all ages with type 1 and type 2 diabetes. She provides the most up-to-date information on insulin and other medications and their effects on exercise, nutritional practices, and supplements, including low-carbohydrate eating, the latest technologies used to manage glucose, including continuous glucose monitoring (CGM), injury prevention and treatment, as well as tactics for diabetes-related joint issues and mental strategies for maximizing performance and optimizing health. You'll find 15 profiles of athletes with type 1 diabetes who share their accomplishments and how they manage medications, food intake, and other tools available to manage their activities with diabetes. Guidelines for 165 different sports and activities will reduce your trial and error when it comes to performing and feeling your best during fitness activities: endurance sports, endurance power sports, power sports, and outdoor activities. *The Athlete's Guide to Diabetes* adheres to the latest guidelines from such trusted sources as the American Diabetes Association and the American College of Sports Medicine. It is the one resource you can't be without if you want to stay healthy and active, train smarter, and reach new levels of athletic success without losing control of your blood glucose management. Earn continuing education credits: units. A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam. [The Practical Guide to Athletic Training](#) Ted Eaves, 2009 *The Practical Guide to Athletic Training* is an essential guide for students interested in the fields of sports medicine and athletic training. The text focuses directly on issues and injuries that are seen in daily practice rather than all issues that may or may not arise during a professional career. Its practical concept makes this text ideal for the beginning student and as a reference for athletic training sports medicine professionals in the field. [Clinical Sports Medicine](#) Walter R. Frontera, 2007-01-01 Accompanying CD-ROM contains convenient electronic access to the text's illustrations, downloadable for use in presentations, as well as diagnosis-specific office handouts that can be given to patients who want to know more about their conditions. P. 4 of cover. *Survey of Athletic Injuries for Exercise Science* Linda Gazzillo Diaz, 2013-09-10 5 Stars Doody's Review Service Perfect Score of 100 This book is more than sufficient for exposing undergraduate students to sports-related injuries, how they are identified, and how they might be treated by a professional. It includes a good deal of basic anatomy and physiology that is complemented well by treatment therapies for site-specific injury prevention and therapeutic care following injury. Written for students within *Exercise Science and Exercise Physiology*, *Survey of Athletic Injuries for Exercise Science* clearly outlines traditional prevention and care of athletic injuries for those who lack an athletic training background. It addresses the role that exercise science, exercise physiology, or professionals from

other health related fields play in the treatment of injuries and illnesses in the physically active population The text addresses each body segment along with other information that impacts the physically active such as ergogenic aids supplements nutrition and exercise prescription Throughout the text case studies and realistic situation boxes discusses interesting cases from the field Key Features Provides a necessary resource on athletic injury and prevention for the non athletic trainer Clearly defined chapter objectives identify critical information for students Critical thinking questions ask students to examine and reason through a variety of scenarios Case Studies throughout analyzes and explores real world situations

Diabetic Athlete's Handbook Sheri Colberg,2009 Whether the reader is a recreational exerciser or a competitive athlete with type 1 and 2 diabetes this book contains the training and performance advice needed to remain active and at the top of their game *The Injured Athlete* Daniel N. Kulund,1988 **Diabetic Athlete's Handbook** Sheri Colberg,2009 The Athlete's Guide to Diabetes Sheri Colberg,2020

Modern Principles of Athletic Training Daniel D. Arnheim,1989 Athletic Training and Sports Medicine American Academy of Orthopaedic Surgeons,1984 *Principles of Athletic Training* Daniel D. Arnheim,William E. Prentice,1993 Designed for physiotherapists sports scientists and lecturers and students of physical education this text provides a thorough overview of the field of athletic training from general foundations to specific injury prevention and management techniques It looks at organizational and administrative considerations giving information on the budgeting and purchasing of supplies training room design and operation and the importance of record keeping and legal concerns Injury prevention through maintenance and improvement of cardiorespiratory endurance is discussed and the text also provides coverage of many new topics such as the rapid form immobilizer various types of artificial surfaces the McConnell technique for treating patellofemoral pain new illustrations of various mobilization techniques injuries to the temporomandibular joint and acupressure and acupuncture Taking a case study approach this book includes sample management and exercises rehabilitation plans *Athletic Training* ,1990 *The Fitness Book for People with Diabetes* W. Guyton Hornsby,American Diabetes Association,1996-04 A Fitness book for people with Diabetes

Diabetes Charles Kilo,1987-06-26 **Sport Psychology, from Theory to Practice** ,1978 Edited proceedings from the Sport Psychology Institute University of Virginia **The Sport Preparticipation Fitness Examination** W. Ben Kibler,1990 This book sets standards for testing athletes before they participate in sport and enlarges the scope of the traditional preparticipation fitness examination by introducing a method of characterizing sports to show the differences in muscular demands demonstrating testing procedures that show musculoskeletal deficiencies and demonstrating how the individualized fitness profile can be used as a starting point for conditioning Sports and exercise for people with diabetes ,1981

Glucose Fluxes, Exercise and Diabetes Ryuzo Kawamori,1995 *The Olympic Textbook of Medicine in Sport* Martin P. Schweltnus,2008-11-10 This comprehensive new volume in the Encyclopaedia of Sports Medicine series published under the auspices of the International Olympic Committee delivers an up to date state of the art presentation of the medical

conditions that athletes may suffer from during training and competition Presented in a clear style and format The Olympic Textbook of Medicine in Sport covers not only the basic approach to training monitoring training and the clinical implications of excessive training but also deals with all the major systems in the body and focuses on medical conditions that athletes may suffer from in each system Medical conditions in athletes with disabilities genetics and exercise and emergency sports medicine are also uniquely examined The Olympic Textbook of Medicine in Sport draws on the expertise of an international collection of contributors who are recognized as leaders in their respective fields The systematic approach followed in the book will make it invaluable to all medical doctors and other health personnel who serve athletes and sports teams Sports practitioners are provided with a clinical approach to the prevention diagnosis and treatment of common and less common medical problems encountered by athletes This volume should be kept close at hand for frequent consultation Diabetes Care ,1988

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