

# The "i Hate To Exercise" Book For People With Diabetes - Charlotte Hayes

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Sticking to an exercise plan is tough, but the key is simple: stay active by making the most of the activities you already do. This revised and expanded edition contains even more easy ways to build activity and exercise into your daily routine, including low-impact activities that are perfect if you're older, and a new chapter on walking and on exercising for healthy aging makes this a must-have for you. Author: Hayes, Charlotte Publisher: American Diabetes Association Illustration: N Language: ENG Title: The "I Hate to Exercise" Book for People with Diabetes Pages: 00159 (Encrypted PDF) On Sale: 2006-10-11 SKU-13/ISBN: 9781580402538 Category: Health & Fitness : Diseases - Diabetes Category: Health & Fitness : Weight Loss Category: Health & Fitness : Healthy Living

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