



Diabetes: Your Complete Exercise Guide (Cooper Clinic and Research Institute Fitness Series)

Neil F. Gordon

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This book is part of a series designed to provide exercise rehabilitation alternatives for people who live with chronic medical conditions. Each book details the most beneficial activities and exercises for particular disabilities. In each book readers will find: an explanation of the chronic medical condition; essentials on tailoring an exercise programme to fit individual capabilities; guidelines for safe exercise; four complete exercise programmes (for walking, stationary cycling, jogging and the Schwinn Air-Dyne); and a Health Points System to help patients maintain motivation and gauge their progress. The Health Points System helps exercisers monitor their long-term progress. Points are received for levels of exercise and workout intensities as shown on the Health Points Chart. Exercisers then tally their points each week to determine the effectiveness of their efforts. Charts for many additional aerobic exercise activities are provided so readers can add variety to the exercise routines.



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