



Diabetes and Exercise (Contemporary Diabetes)

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Diabetes is a major public health problem in the United States. This collection, *Diabetes and Exercise*, discusses the extent of the problem of diabetes and sedentary lifestyle and presents a compelling rationale for the importance of increased physical activity and exercise in persons with diabetes. The concept of exercise as medicine has a strong but underappreciated scientific basis for the prevention and treatment of diabetes. *Diabetes and Exercise*, compiled by a team of experts in the field, focuses on both the physiological and practical aspects of the beneficial effects of exercise. This thorough collaboration provides the why's and how's to implementing the physical activity and exercise changes so important in diabetes prevention and disease management.



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