*The latest knowledge on the relationship
between exercise and diabetes*

Diabetes and Physical Activity

Editors

Julia H. Goedecke
Edward O. Ojuka

Presenting current knowledge regarding the relationship between exercise and diabetes, this publication discusses in detail the physiologic, molecular and genetic mechanisms involved in this interaction. Further, the book presents valuable information on the role of exercise in the treatment and management of diabetes through the life course, including gestational diabetes, diabetes in children, and in the elderly. Notably, the role of diet in modulating the relationship between exercise and diabetes is explored, and for the first time, the importance of sedentary behavior, rather than exercise, is highlighted. The current public health guidelines for type 2 diabetes are presented, as well as practical recommendations for the management of type 1 diabetes. Finally, in each chapter areas of further investigations are emphasized.

The book provides a valuable and up-to-date overview and is highly recommended to researchers, students, clinicians, including physicians, dietitians, biokineticists, physiotherapists, nurses and diabetes educators.

*Fields of Interest: Sports Medicine; Endocrinology;
Diabetes, Nutrition, Public Health*

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Medicine and Sport Science, Vol. 60
Diabetes in Physical Activity
Editors: Goedecke, J.H.; Ojuka, E.O. (Cape Town)
VIII + 158 p., 15 fig., 8 tab., 2014
CHF 189.00 / EUR 158.00 / USD 222.00 (hard cover)
CHF 227.00 / EUR 190.00 / USD 266.00 (online)
Online version for institutional purchase
Prices subject to change
EUR price for Germany, USD price for USA and
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e-ISBN 978-3-318-02577-4

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