



The I Hate to Exercise Book for People with Diabetes

Charlotte Hayes

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The American Diabetes Association's simple, easy-to-use guide on low-impact exercises reveals how seniors can maintain fitness with 30 minutes of exercise per day, and those 30 minutes can be broken into small increments. *The "I Hate to Exercise" Book for People With Diabetes* places special emphasis on fitting activity into everyday life and using commonly available items rather than expensive gym equipment.

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