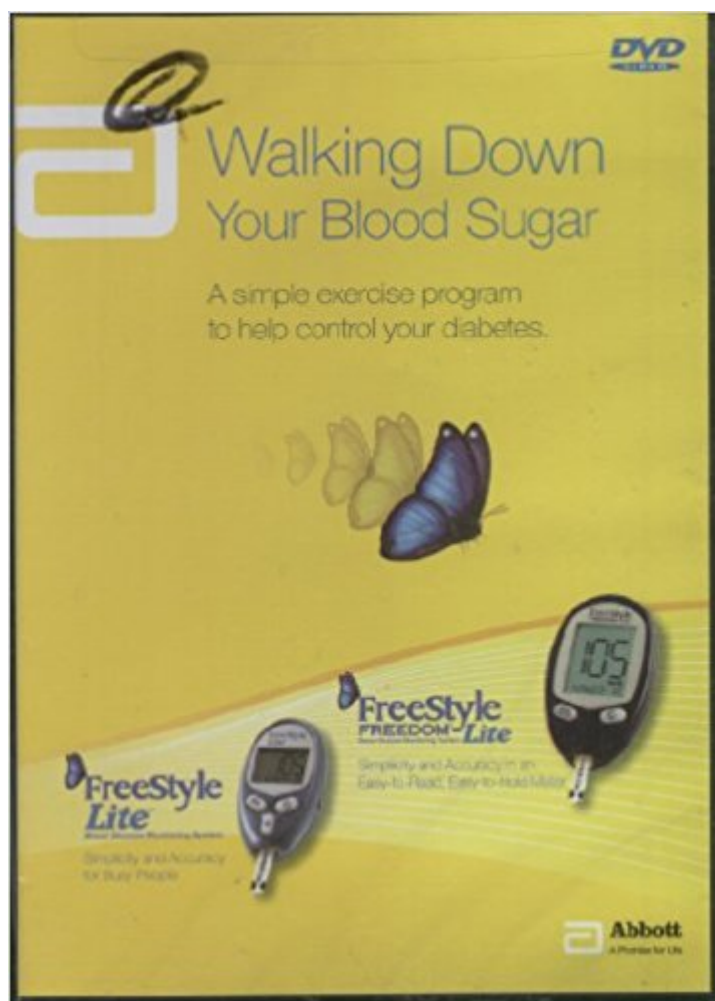


The book was found

# Walking Down Your Blood Sugar: A Simple Exercise Program To Help Control Your Diabetes



## Synopsis

"Do you have 30 minutes for your good health? That's all it takes to walk 2 miles at home! Lace up your walking shoes and pop this CD in ... it's easy to manage diabetes the healthy way. Ask your doctor how walking brings blood sugars down. A special segment with Dr. John Jakicic, Chairman of the Health and Physical Activity Dept. - University of Pittsburgh Medical Center. Director of a 10 year study focusing on diabetes prevention and management. Dr. John offers expert advice on the importance of fitness walking while managing diabetes." -- container. Put out by company that makes the Freestyle blood sugar meter.

## Book Information

Audio CD

Publisher: Abbott Diabetes Care (2007)

Language: English

ASIN: B001T4EV6K

Package Dimensions: 7.5 x 5.3 x 0.5 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.7 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,223,450 in Books (See Top 100 in Books) #104 in Books > Books on CD > Health, Mind & Body > Fitness #387 in Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #552 in Books > Books on CD > Health, Mind & Body > General

## Customer Reviews

"Do you have 30 minutes for your good health? That's all it takes to walk 2 miles at home! Lace up your walking shoes and pop this CD in ... it's easy to manage diabetes the healthy way. Ask your doctor how walking brings blood sugars down. A special segment with Dr. John Jakicic, Chairman of the Health and Physical Activity Dept. - University of Pittsburgh Medical Center. Director of a 10 year study focusing on diabetes prevention and management. Dr. John offers expert advice on the importance of fitness walking while managing diabetes." -- container. Put out by company that makes the Freestyle blood sugar meter.

I bought it after seeing it in my bro-in-law's house. This helps me & my wife to be fit and energetic whole day. We had a treadmill, but after getting this, we don't use it. This is not a hard work out and you cannot compare this to going to gym, but if you do it everyday, you will definitely feel good & healthy. Nice picture quality & sound. Really worth your \$\$ and I would recommend this to

anyone. Tom V

This is great!!! And it works!

Great CD

I don't like exercising that much, but this is just right for me. The tape helps with keeping my blood sugars in tact.

I liked the dvd. It is a good walking dvd to start exercising and also if you only have a limited amount of time.

This CD is a God Send! It's a great idea....just walk and you can do it at home without worrying about the weather. The music and the beat actually makes it fun and I look forward to it. I have given two copies to friends who requested help in exercising.

I would never pay the list price here of \$131 and change for this dvd! However, when I was diagnosed with Type 2 diabetes and started going to a diabetes educator she gave me a free copy of this dvd as I had expressed an interest in walking. I watched it through and said, " Heck, I can do this!!!" Well I got hooked pretty quickly and started buying other Leslie Sansone WAH dvd's to up my workout!! That was 4 months ago and 30lbs ago!! This was a great introduction to walking at home for exercise. It was inspirational and motivating!! My blood sugar dropped in half, my blood pressure was perfect my a1c went from a 10.3 to a 7 in just three months of using the Leslie Sansone WAH dvd's and watching what I was eating. So yes, I highly recommend this to jump start your exercising regimen. It's fun, it's easy and you don't have to spend a lot of money to get healthy!! I am up to doing 5-7 miles a day!! No diabetic meds here!! Get off your butt and get healthy!!

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