



# Weight Management for Type II Diabetes (Paperback)

By Jackie Labat, Annette Maggi

Turner Publishing Company, United States, 1997. Paperback. Condition: New. Language: English. Brand New Book. Take control of your weight—and your diabetes. Managing your weight is critical when you have diabetes. In fact, losing as little as 10 to 20 pounds can improve diabetes control. With this innovative book, you can manage your weight and your diabetes by making gradual lifestyle changes you II be able to live with for the rest of your life—like following a low-fat meal plan, becoming more active, and managing stress. Weight Management for Type II Diabetes will help you assess habits, teach you techniques of behavior change, and motivate you to find the support you need to manage both diabetes and your weight. This interactive guide takes you through the steps of developing a personalized plan that considers your lifestyle, personality, family situation, and wants and needs. Authors Jackie Labat, MS, RD, CDE, and Annette Maggi, MS, RD, will help you: \* Set reasonable goals \* Keep pace with an exercise program \* Design your own meal plan \* Handle special occasions \* Manage stress \* Learn to deal with lapses The book also provides fat and calorie counts, grocery shopping tips, and a...



### Reviews

It is fantastic and great. It usually will not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Modesto Mante

The book is great and fantastic. Yes, it really is engage in, still an interesting and amazing literature. You wont feel monotony at at any moment of your respective time (that's what catalogs are for regarding if you request me).

-- Daren Raynor II

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#### Read Write Inc. Phonics: Yellow Set 5 Storybook 9 Grow Your Own Radishes

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 175 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



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Rcadvisor.com, United States, 2009. Paperback. Book Condition: New. 238 x 166 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Experience firsthand the joys of building and flying your very own model airplane design. Put into practice the lessons from...



#### Animation for Kids with Scratch Programming: Create Your Own Digital Art, Games, and Stories with Code

Mentorscloud LLC, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Think Logically. Present Artistically. The myth: Programming is only for kids who are good at math and science. The...



#### Kodu for Kids: The Official Guide to Creating Your Own Video Games

Pearson Education (US). Paperback. Book Condition: new. BRAND NEW, Kodu for Kids: The Official Guide to Creating Your Own Video Games, James Floyd Kelly, DESIGN, BUILD, CREATE, AND SHARE YOUR GAME WITH THE WORLD! Ever wanted to create your own video game?...



## There Is Light in You

Changing Minds Online, LLC, United States, 2015. Paperback. Book Condition: New. 229  $\times$  152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. There is Light in You is a collection of bedtime stories written by women who have a...