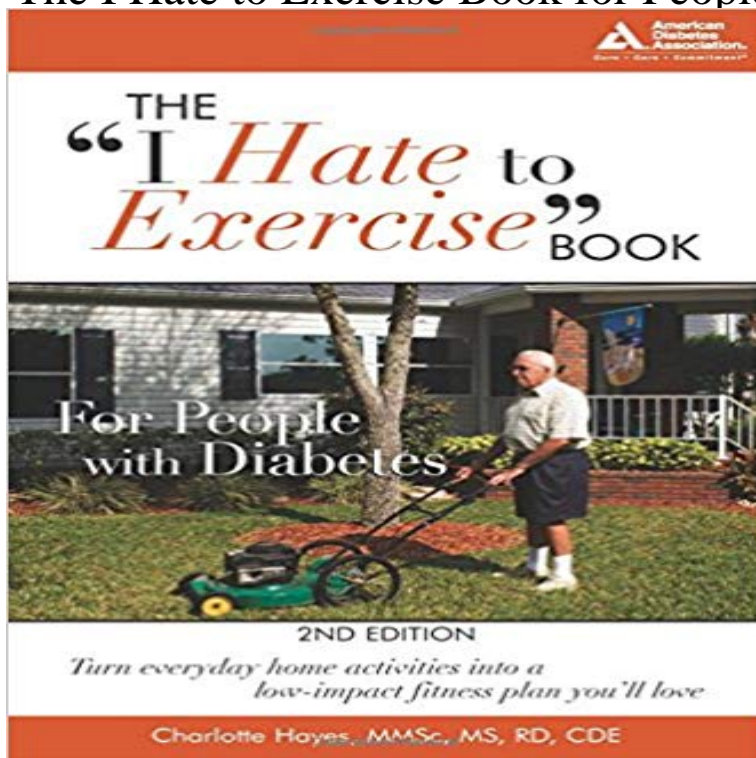


# The I Hate to Exercise Book for People with Diabetes



Sticking to an exercise plan is tough, but the key is simple: stay active by making the most of the activities you already do. This revised and expanded edition contains even more easy ways to build activity and exercise into your daily routine.

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