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By Sheri Colberg

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Dr. Sheri Colberg is a leading expert on fitness, A Latino's Guide to Living Well with Diabetes (2009) Diabetic Athlete's Handbook: Your Guide to Peak Performance

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Written by Dr. Sheri Colberg, a diabetic athlete with a PhD in exercise physiology
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978-0736074933 Rating: 4.9 / 5 Download Size: 9.56 MB Format: ePub / PDF /
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