

Ballerina Dreams

A book for
Children
with Diabetes



Zippora Karz

Illustrations and page design by Jenne van Eeghen



Ballerina Dreams A Book For Children With Diabetes

M Walker



Ballerina Dreams A Book For Children With Diabetes:

Ballerina Dreams - A Book for Children with Diabetes Zippora Karz,2007-11 **Ballerina Dreams** Zippora Karz,2013-11 This is the story of Zippy a young girl who falls in love with ballet With hard work she dances all the way to her pointes and the leading role in the performance But soon Zippy and her family learn that she has type 1 diabetes Will she still be able to dance in the performance Zippy proves that she can take care of herself and still live her passion **The Athlete's Guide to Diabetes** Sheri R. Colberg,2019-02-08 Diabetes doesn't have to slow you down Whether you're a recreational exerciser or a competitive athlete The Athlete's Guide to Diabetes has the training and performance advice you need to remain active while effectively managing your condition Renowned researcher and diabetes expert Dr Sheri Colberg offers best practices and tips for managing blood glucose levels for athletes of all ages with type 1 and type 2 diabetes She provides the most up to date information on insulin and other medications and their effects on exercise nutritional practices and supplements including low carbohydrate eating the latest technologies used to manage glucose including continuous glucose monitoring CGM injury prevention and treatment as well as tactics for diabetes related joint issues and mental strategies for maximizing performance and optimizing health You'll find 15 profiles of athletes with type 1 diabetes who share their accomplishments and how they manage medications food intake and other tools available to manage their activities with diabetes Guidelines for 165 different sports and activities will reduce your trial and error when it comes to performing and feeling your best during fitness activities endurance sports endurance power sports power sports and outdoor activities The Athlete's Guide to Diabetes adheres to latest guidelines from such trusted sources as the American Diabetes Association and the American College of Sports Medicine It is the one resource you can't be without if you want to stay healthy and active train smarter and reach new levels of athletic success without losing control of your blood glucose management Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam **The Horn Book Guide to Children's and Young Adult Books** ,2008 **Best Books for Children, Preschool Through Grade 6** ,2006 **Children's Books in Print** R R Bowker Publishing,Bowker,1999-12 [Bulletin of the Center for Children's Books](#) University of Chicago. Center for Children's Books,1979 **Best Books for Children, Preschool Through the Middle Grades** Christine Bell Gilbert,1981 **Bowker's Directory of Audiocassettes for Children** ,1998 **The Video Source Book** David J. WEINER,1990 **Video Source Book** Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Working Mother** ,2001-03 The magazine that helps career moms balance their personal and professional lives **Children's Books In Print 1979-1980** ,1979 **Children's Books in Print, 2007** ,2006 *The Illustrated London News* ,1856 *Working Mother* ,2000-10 The magazine that helps career moms

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