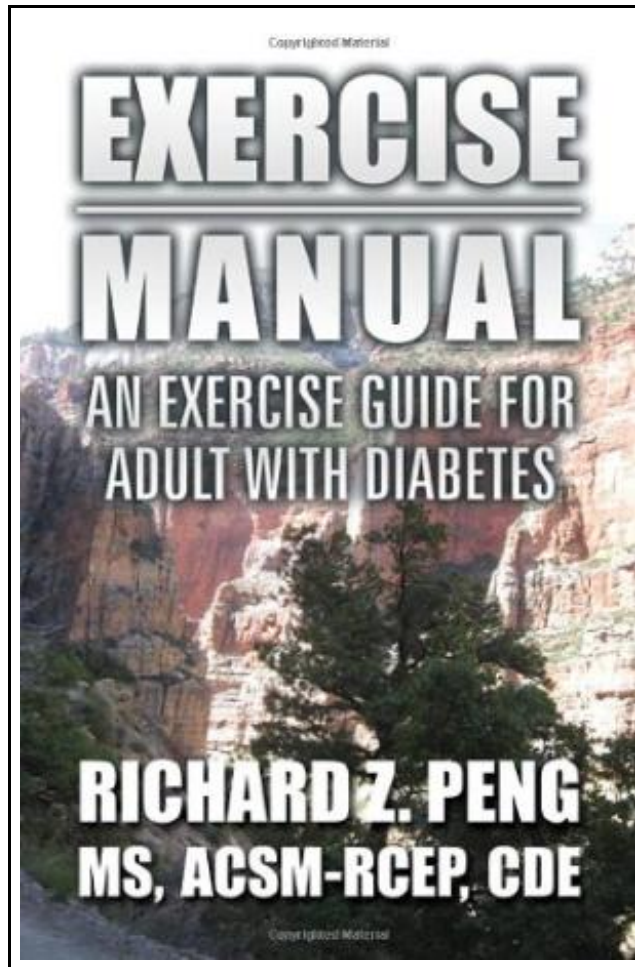


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EXERCISE MANUAL: AN EXERCISE GUIDE FOR ADULT WITH DIABETES



America Star Books, United States, 2012. Paperback. Book Condition: New. 132 x 81 mm. Language: English . Brand New Book ***** Print on Demand *****.Richard is a Clinical Exercise Physiologist and Certified Diabetes Educator at HealthCare Partners Medical Group in Los Angeles. Richard counsels and educates his patients on diabetes, heart diseases, and asthma management. He also prescribes exercise program and offers exercise classes for his patients. He received his Master Degree in Cardiopulmonary Science from Northeastern University and MBA from California State University at Northridge. His contribution is strongly aligned with his unique background in both Diabetes Education and Cardiac Rehabilitation. Richard was awarded the Rising Star Award from American Association of Diabetes Educator for 2012. He is involved with the Clinical Exercise Physiology Association and is a Board member of the California Coordinating Body of AADE and newly-created Dance Out Diabetes program. Richard is an avid runner and was race director of the Los Angeles Frontrunners 5K/10K Pride Run from 2001 to 2003. He has reached out to the community in corporate health coaching roles and authored health-related articles. He has transferred these specialty practices to other diseases such as Asthma, Emphysema, and weight management. Richard developed this exercise manual to serve as a concise guide so any person with diabetes can learn how to safely start and stick to their own exercise program.



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