



5 EXERCISE TIPS FOR A CARDIO COMEBACK

Maybe playing a few sets of pickleball or a going on a quick run is no big deal for you.

Or maybe it means everything.

If you have a heart condition, exercise is key - no “maybes” about it. So let’s get fired up about getting active.

Our advice: Be patient with yourself. Be mindful. But believe. Commit. This is how you work your way back.

WANT MORE TIPS?

HOW A CGM KEPT THIS LONG-DISTANCE RUNNER GOING, EVEN WITH TYPE 2 DIABETES

Video: Botumile “Abe” Ngoma loves to bike and run. His FreeStyle Libre 2 system helps him stay in control of his health.



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THE SCIENCE OF CREATING HEALTHY HABITS THAT ACTUALLY STICK

Use the basics of human behavior to your advantage.



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A BIT ABOUT ABBOTT 2008-NOW

FreeStyle Navigator ... is probably not a product you’ve heard of. But this little-known name has a surprisingly meaningful place in the history of diabetes care. [Navigator’s failure to launch](#) turned into a huge breakthrough called FreeStyle Libre.



A FEW MORE BEFORE WE GO

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