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Guest Editor



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Sheri R. Colberg, PhD, FACS M, is a professor of exercise science at Old Dominion University and an adjunct professor of internal medicine at Eastern Virginia Medical School in Norfolk, Va. A graduate of Stanford University, the University of California, Davis, and the University of California, Berkeley, she specializes in research on diabetes, exercise, and healthy lifestyles.

In the past two decades, Dr. Colberg has become one of the world's leading experts in her field and has written 10 books, 13 book chapters, and more than 275 articles. She was the lead author of the joint American College of Sports Medicine and American Diabetes Association (ADA) 2010 position statement "Exercise and Type 2

Diabetes" and the sole author of *Exercise and Diabetes: A Clinician's Guide to Prescribing Physical Activity*, published by ADA in 2013.

Among exercisers with type 1 diabetes, she is well known around the world as the author of *Diabetic Athlete's Handbook* and recently founded a new website, diabetesmotion.com, to help anyone with diabetes exercise safely and effectively. She also posts general educational articles on her website (shericolberg.com) and dLife.com, as well as monthly columns for diabetes professionals on DiabetesInControl.com.

With almost 47 years of personal experience living well with type 1 diabetes, she is an avid recreational exerciser who advocates healthy lifestyles for everyone.