Diabetes-content

8

Subject: This Will Help You Get Through The Day

I found this powerful quote from someone with diabetes.

The typical response from people when I tell them I'm diabetic is, 'Oh, I'm sorry to hear that.' You know, I'm not. I'm a better athlete because of diabetes rather than despite it. I'm more aware of my training, my fitness and more aware of nutrition. I'm more proactive about my health.

- Charlie Kimball

It can be hard sometimes, dealing with the day-by-day hassles that come with being diabetic.

However, if the result is that you are forced to pay close attention to how healthy your lifestyle is, maybe there is a positive you can take away from this otherwise major burden?