

# Participant Guide

**Stay Active to Prevent T2**



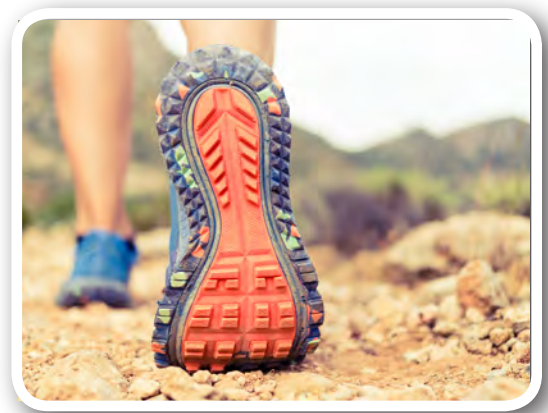


## Session Focus

Staying active over the long term can help you prevent or delay type 2 diabetes.

### This session we will talk about:

- Some benefits of staying active
- Some challenges of staying active and ways to cope with them
- How far you've come since you started this program



### You will also make a new action plan!



#### Tips:

- ✓ Know your “why.” Remind yourself every day why you want to stay active. Ask friends and family to remind you too.
- ✓ Reward yourself. Give yourself small, non-food rewards for meeting your fitness goals. Ask family and friends to support you.



## Martin's Story

Martin is at risk for type 2 diabetes. His doctor asks him to lose 20 pounds and aim for at least 150 minutes of activity each week.

With a lot of hard work, Martin reaches his weight and activity goals. His blood sugar is normal now. And his doctor says he's no longer at risk for type 2 diabetes.

But as time goes on, Martin's schedule gets busier. His wife starts going to night classes. So he needs to take over some of the household tasks that she used to do.

Martin now runs errands during his lunch break. As a result, he no longer has time to walk during lunch.

It's hard for Martin to find time to be active. Plus, he's met his weight-loss goal, so he feels less motivated. His fitness routine is slipping.

Martin decides to take action. He is active with his kids. He gives himself small, non-food rewards for meeting his fitness goals. And he asks his kids to pitch in more with daily tasks so he has more time to be active.

Today, Martin's fitness routine is back on track. He plans to stay active over the long term. He wants to be healthy. Plus, he likes how he feels when he's active.





## How to Cope with Challenges

It can be challenging to stay active over the long term. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.

Challenges	Ways to Cope	Other Ways to Cope
<p><b>I feel less motivated.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Know your “why.”</b> Remind yourself every day why you want to stay active. Ask family and friends to remind you too.</li> <li><input type="checkbox"/> <b>Plan ahead.</b> Make physical activity a regular part of your schedule. Put it on your calendar.</li> <li><input type="checkbox"/> <b>Commit to be fit.</b> Work out with a family member or friend. Take a fitness class. Join a walking group.</li> <li><input type="checkbox"/> <b>Keep it fun.</b> Keep trying new ways to be active until you find some you enjoy. Watch videos or listen to music while you work out. Try a fitness app.</li> <li><input type="checkbox"/> <b>Challenge yourself.</b> Set new fitness goals for yourself. Or compete with a friend.</li> <li><input type="checkbox"/> <b>Reward yourself.</b> Give yourself small, non-food rewards for meeting your fitness goals. Ask family and friends to support you.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>



## How to Cope with Challenges

Challenges	Ways to Cope	Other Ways to Cope
<p><b>I have less <u>time</u> due to life changes.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Work out while you get things done.</b> Move briskly while you sweep the floor, mow the lawn, shop, or walk your dog.</li> <li><input type="checkbox"/> <b>Make screen time active time.</b> Lift weights, ride a stationary bike, or march in place while you watch TV or videos.</li> <li><input type="checkbox"/> <b>Stay in touch.</b> Take a walk with a friend. Or talk on your phone while you walk.</li> <li><input type="checkbox"/> <b>Walk to get places.</b> Ride your bike to work. Park in a distant part of the lot. Take the stairs instead of the elevator. Get off the bus one stop early.</li> <li><input type="checkbox"/> <b>Divide and conquer.</b> Break your 150 minutes into 10-minute chunks.</li> <li><input type="checkbox"/> <b>Ask for help.</b> Ask family members to pitch in with daily tasks so you have more time to be active.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>I have less <u>money</u> due to life changes.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do free activities like walking, dancing, and marching in place.</li> <li><input type="checkbox"/> Buy workout clothes and supplies on sale.</li> <li><input type="checkbox"/> Look for free fitness classes at the community center.</li> <li><input type="checkbox"/> Look for fitness videos online and at the library.</li> <li><input type="checkbox"/> Ask about need-based fees at the gym.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>



## How to Cope with Challenges

Challenges	Ways to Cope	Other Ways to Cope
<b>The weather is making it hard to walk outdoors.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Dress for the weather.</li> <li><input type="checkbox"/> Walk in a mall.</li> <li><input type="checkbox"/> Try another way to be active, such as swimming.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<b>I'm injured.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask your healthcare provider how to treat the injury. For instance, you may need to rest and ice the area.</li> <li><input type="checkbox"/> Find another way to be active. For instance, if your foot hurts, you may still be able to swim.</li> <li><input type="checkbox"/> Use splints and supports, as needed.</li> <li><input type="checkbox"/> Get more active over time.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>





## How I Will Stay Active

Why do you want to stay active over the long term?

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What might make it challenging for you to stay active over the long term?

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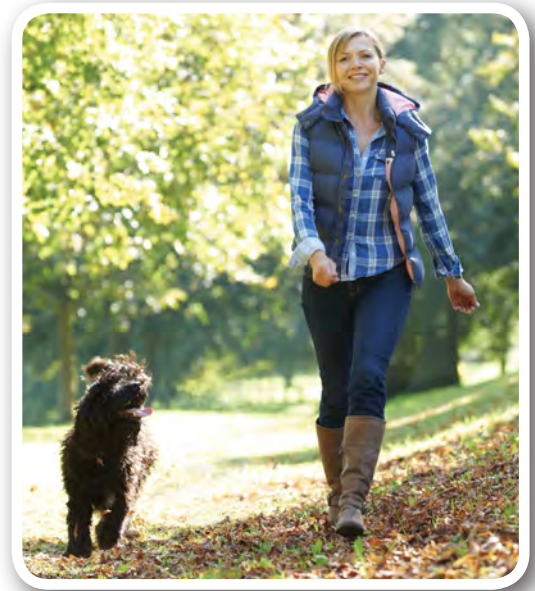
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How will you cope with those challenges?

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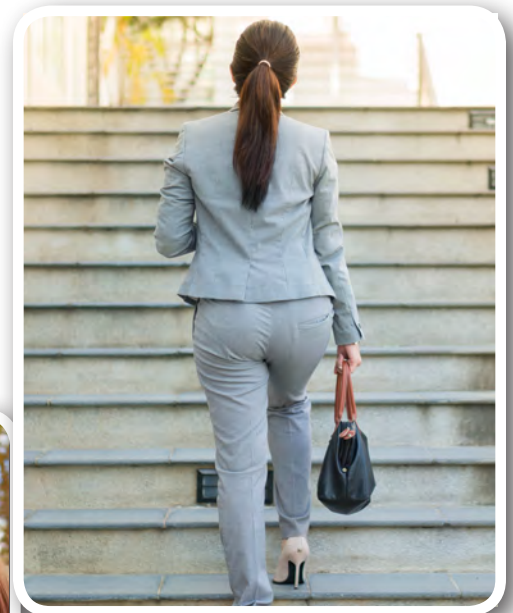


## Tips for Staying Active Every Day

Small steps can help you stay active every day. Check off the ideas you want to try. Then try them! See how it goes.

### Walk When You Can

- At work, stretch and move around every 30 minutes.
- Get off the bus or train a stop early and walk.
- Go for a half-hour walk instead of watching TV.
- Go up hills instead of around them.
- Make a Saturday morning walk a habit.
- Park farther from the store and walk.
- Replace a Sunday drive with a Sunday walk.
- Take a walk after dinner.
- Take a walk during your work breaks.
- Take the stairs instead of the escalator or elevator.
- Take your dog on longer walks.
- Walk briskly in the mall.
- Walk to the store.
- Walk your children to school.





## Tips for Staying Active Every Day

### Move More at Home

- Fix things around your home.
- Mow your lawn with a push mower.
- Paint your home.
- Rake your lawn.
- Shovel snow.
- Sweep, mop, or vacuum your floor.
- Wash your car by hand.



### Live Actively

- Avoid devices that do work for you, such as electric mixers.
- Choose activities that you enjoy and that fit into your daily life.
- Dance to music—alone, or with someone else.
- Give yourself a small, non-food reward for meeting your fitness goals.
- If you go to children's sports events, walk around instead of sitting still.
- Join a walking or hiking group.
- Lift weights or use resistance bands while you watch TV or videos.
- March in place while you watch TV.
- Play tag, Frisbee, or soccer with your kids or grandkids.
- Try new physical activities.
- Use a fitness app for your phone or computer.
- Use a fitness video.

