



Module 12: Stay Active To Prevent Type 2

Participant Guide



Session Focus



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

In this session, we will talk about:

- Some benefits of staying active
- Some challenges of staying active and ways to overcome 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 physical activity goals. Ask family and friends to support you.



Staying Active To Prevent T2

Teo's Story—Part 1

Teo is at risk for type 2 diabetes. His doctor asked him to lose 20 pounds and aim for at least 150 minutes of activity each week. He tries to meet this goal by walking for 30 minutes 5 days a week. With a lot of hard work, Teo reached his weight and activity goals. His blood sugar levels are in the normal range now. And his doctor says he's lowered his risk for type 2 diabetes. Teo's doctor tells him to keep up the good work and reminds him of some of the benefits of staying active:

- Better sleep and mood
- Improved balance and flexibility
- Lower blood pressure and cholesterol
- Lower risk of heart attack and stroke
- Lower stress levels
- More energy
- Stronger muscles



How To Overcome Challenges

Teo's Story—Part 2

But as time goes on, Teo's schedule gets busier. His wife starts going to night classes. So, in addition to preparing dinner on his scheduled days for the family, he needs to prepare dinner two additional days of the week.

Teo now goes to the grocery store during his lunch break. As a result, he no longer has time to walk during lunch.

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

Teo decides to take action. He is active with his kids. He gives himself small, non-food rewards for meeting his movement goals. And he asks his kids to pitch in more with preparing meals and other chores around the house, so he has more time to be active.

Today, Teo's physical activity 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 Overcome Challenges

Overcoming Challenges

It can be challenging to stay active over the long term. Here are some common challenges and strategies for turning them into successes. Write your own ideas in the “Other Ways To Succeed” column. Check off each idea you try.

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

How To Overcome Challenges

Challenges	Ways To Succeed	Other Ways To Succeed
I have less time due to life changes.	<ul style="list-style-type: none"><input type="checkbox"/> Work out while you get things done. Move briskly while you sweep the floor, mow the lawn, shop, or walk your dog.<input type="checkbox"/> Make screen time active time. Lift weights, ride a stationary bike, or march in place while you watch TV or videos.<input type="checkbox"/> Stay in touch. Take a walk with a friend. Or talk on your phone while you walk.<input type="checkbox"/> Walk or bike to get places. 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.<input type="checkbox"/> Divide and conquer. Break your 150 minutes into 10-minute chunks.<input type="checkbox"/> Ask for help. Ask family members to pitch in with daily tasks so you have more time to be active.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

How To Overcome Challenges

Challenges	Ways To Succeed	Other Ways To Succeed
<p>I have less money due to life changes.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Do free activities like walking, dancing, and marching in place. <input type="checkbox"/> Buy workout clothes and supplies on sale. <input type="checkbox"/> Look for free exercise classes at your community center. <input type="checkbox"/> Look for exercise videos online and at the library. <input type="checkbox"/> Download free exercise apps. <input type="checkbox"/> Ask about need-based fees at the gym. 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>The weather is making it hard to walk outdoors.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Dress for the weather. <input type="checkbox"/> Walk in a mall. <input type="checkbox"/> Walk, march, jog, or do jumping jacks in place. <input type="checkbox"/> Go up and down the stairs several times in a row. <input type="checkbox"/> Try another way to be active, such as swimming. <input type="checkbox"/> Lift weights or heavier household items like cans of food or bottles of water. <input type="checkbox"/> Play a game with your children, grandchildren, or pets that gets your heart pumping. 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

How To Overcome Challenges

Challenges	Ways To Succeed	Other Ways To Succeed
I'm injured.	<ul style="list-style-type: none"><input type="checkbox"/> Ask your health care provider how to treat the injury. For instance, you may need to rest and ice the area.<input type="checkbox"/> Find another way to be active. For example, if your foot hurts, you may still be able to swim.<input type="checkbox"/> Use splints and supports, as needed.<input type="checkbox"/> Get more active over time to avoid injury.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Look How Far You've Come!

Directions: In small groups, either in person or virtually, you will discuss the following questions:

- What types of activity did you do when you first started this program? What types of activity do you do now?
- How many minutes a day were you active when you first started this program? How many minutes a day are you active now?
- How did you feel about being active when you first started this program? How do you feel about being active now?



In the space provided, write down takeaways you have from your group discussion. Following this activity, a volunteer will use these takeaways to share with the whole group.

Takeaways:

Whole Group Takeaways:

How Will I Stay Active?



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

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

How will you overcome those challenges?

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.
- Put one laundry item away at a time, walking from the dryer to the closet each time.

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 physical activity goals.
- Walk around instead of sitting still at your children's sports events.
- 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 an exercise app on your phone or computer.
- Use an exercise video.