



**PREVENT T2**

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

## Lifestyle Coach Training Guide

Find Time for Fitness

## Find Time for Fitness

### Session Focus

It can be challenging to fit in at least 150 minutes of activity each week. This module teaches participants how to find time for fitness.

### Participant Learning Objectives

By the end of the session, participants will:

- ▶ Identify some benefits of being active
- ▶ Recognize the challenge of fitting in fitness
- ▶ Explain how to find time for fitness

## Materials Checklist

### You will need:

- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

### Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser
- Fitness apps and trackers**

## Things to Do

### Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

### As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it in their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

### After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

# Module Outline

## Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review ..... Page 6..... 10 Min
- Objectives ..... Page 7 ..... 2 Min
- Benefits of Being Active:  
    A Review ..... Page 7 ..... 10 Min
- The Challenge of Fitting in Fitness ..... Page 8..... 10 Min
- How to Find Time for Fitness ..... Page 8..... 18 Min
- Plan for Success..... Page 11..... 5 Min
- Summary and Closing ..... Page 12..... 5 Min

## Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ <b>SAY:</b> Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about finding time for fitness.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↗ <b>DO:</b> Briefly summarize previous session.</p> <p>💬 <b>DISCUSS:</b> Does anyone have any questions for me about what we talked about last time?</p> <p>▶ <b>SAY:</b> Let’s talk about how things went with the action plan you made last time.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p> <p>▶ <b>SAY:</b> Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p>

Notes to Coach	Objectives (2 minutes)
	<p>► <b>SAY:</b> It can be challenging to fit in at least 150 minutes of activity each week. Today, we will talk about:</p> <ul style="list-style-type: none"> <li>■ Some benefits of being active</li> <li>■ The challenge of fitting in fitness</li> <li>■ How to find time for fitness</li> </ul> <p>Finally, you will make a new action plan.</p>
	<p><b>Benefits of Being Active: A Review (10 minutes)</b></p>
<p>Benefits of being active include:</p> <ul style="list-style-type: none"> <li>■ Better sleep and mood</li> <li>■ Improved balance and flexibility</li> <li>■ Lower blood pressure and cholesterol</li> <li>■ Lower risk of heart attack and stroke</li> <li>■ Lower stress level</li> <li>■ More energy</li> <li>■ Stronger muscles</li> </ul>	<p>► <b>SAY:</b> Let's start by doing a quick review of the benefits of being active.</p> <p>Being active can lower your risk of type 2 diabetes in two ways.</p> <p>► <b>ASK:</b> Does anyone recall what they are?</p> <p><b>ANSWER:</b> Being active can help you:</p> <ul style="list-style-type: none"> <li>■ Lose weight</li> <li>■ Lower your blood sugar</li> </ul> <p>► <b>SAY:</b> So being active can lower your risk of type 2 diabetes.</p> <p> <b>DISCUSS:</b> What are some other benefits of being active?</p>

<p><b>Notes to Coach</b></p>	<p><b>The Challenge of Fitting in Fitness (10 minutes)</b></p>
	<p>▶ <b>SAY:</b> As you know, this program’s goal is for you to get at least 150 minutes of activity a week, at a moderate pace or more. That’s equal to 2½ hours.</p> <p>▶ <b>ASK:</b> What’s a good way to know if you’re being active at a moderate pace?</p> <p><b>ANSWER:</b> Do the Talk Test. That means you can talk while you do the activity, but you can’t sing while you do it.</p> <p>▶ <b>SAY:</b> It can be challenging to find time to reach this fitness goal. Let’s look at an example. Please turn to “Mark’s Story” on page 3 of this module’s handouts.</p> <p>↗ <b>DO:</b> Read (or ask a volunteer to read) the first three paragraphs of the story.</p> <p>💬 <b>DISCUSS:</b> How about you? What makes it challenging to fit in your 150 minutes a week?</p>
	<p><b>How to Find Time for Fitness (18 minutes)</b></p>
<p>Ways to fit in fitness <u>anytime</u> include:</p> <ul style="list-style-type: none"> <li>■ Schedule it.</li> <li>■ Tweak your schedule.</li> <li>■ Use a fitness app or tracker.</li> </ul>	<p>▶ <b>SAY:</b> We’ve talked about the challenge of finding time to reach your fitness goal. Now, let’s brainstorm some ways to fit fitness into your daily life.</p> <p>💬 <b>DISCUSS:</b> What are some ways to fit in fitness <u>anytime</u>?</p>

Notes to Coach	How to Find Time for Fitness
<p>Ways to fit in fitness while you <u>get to places</u> include:</p> <ul style="list-style-type: none"> <li>■ Get off the bus one stop early.</li> <li>■ Park your car farther away.</li> <li>■ Walk or ride your bike.</li> </ul> <p>Ways to fit in fitness while you <u>watch TV</u> include:</p> <ul style="list-style-type: none"> <li>■ Dance.</li> <li>■ Lift weights.</li> <li>■ March in place.</li> </ul> <p>To fit in fitness while you <u>get things done</u>, move briskly while you:</p> <ul style="list-style-type: none"> <li>■ Rake your lawn</li> <li>■ Sweep your floor</li> <li>■ Walk your dog</li> </ul>	<p>↗ <b>DO:</b> If you'd like, share some fitness apps and trackers.</p> <p>💬 <b>DISCUSS:</b> What are some ways to fit in fitness while you <u>get to places</u>?</p> <p>What are some ways to fit in fitness while you <u>watch TV</u>?</p> <p>What are some ways to fit in fitness while you <u>get things done</u>?</p>

Notes to Coach	How to Find Time for Fitness
<p>Ways to fit in fitness while you <u>socialize</u> include:</p> <ul style="list-style-type: none"> <li>■ Join a walking club.</li> <li>■ Take a fitness class.</li> <li>■ Talk on the phone with a friend while you march in place, walk, or climb stairs.</li> <li>■ Walk with a family member or friend.</li> </ul> <p>Ways to fit in fitness <u>at work</u> include:</p> <ul style="list-style-type: none"> <li>■ Join a nearby gym.</li> <li>■ Take a brisk walk during your lunch break.</li> <li>■ Take part in a fitness program at work.</li> <li>■ Walk around or march in place while you talk on the phone.</li> </ul>	<p>What are some ways to fit in fitness while you <u>socialize</u>?</p> <p>What are some ways to fit in fitness <u>at work</u>, if you have a desk job?</p>

Notes to Coach	Plan for Success (5 minutes)
	<p>► <b>SAY:</b> Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about finding time for fitness.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"><li>■ Realistic</li><li>■ Doable</li><li>■ Specific</li><li>■ Flexible</li></ul> <p>Remember to focus on behaviors. And try to have fun!</p> <p>↙ <b>DO:</b> Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (5 minutes)
 <p>Things to Try at Home:</p> <ul style="list-style-type: none"> <li>■ Mark's Story</li> <li>■ Tips for Fitting in Fitness</li> <li>■ Action Plan</li> </ul>	<p>▶ <b>SAY:</b> Please look at “Mark’s Story” on page 3. Between now and the next session, please write what makes it challenging to fit in your 150 minutes a week.</p> <p>I’d also like you to read “Tips for Fitting in Fitness” on pages 4 to 7. Check off each tip you try. On the last page, write how you will find time to reach your fitness goal.</p> <p>↗ <b>DO:</b> Answer questions as needed.</p> <p>▶ <b>SAY:</b> We have come to the end of our meeting. Today, we discussed a common barrier to fitness—time. We talked about:</p> <ul style="list-style-type: none"> <li>■ Some benefits of being active</li> <li>■ The challenge of fitting in fitness</li> <li>■ How to find time for fitness</li> </ul> <p>💬 <b>DISCUSS:</b> Do you have questions about anything we talked about today?</p> <p>▶ <b>SAY:</b> Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about ____.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p><b>Meeting adjourned.</b></p>