



Lifestyle Coach Training Guide

[Get Support](#)

Get Support

Session Focus

Getting support from other people can help prevent or delay type 2 diabetes. This module teaches participants how to get support for their healthy lifestyle.

Participant Learning Objectives

By the end of the session, participants will explain how to get support from:

- ▶ Family, friends, and coworkers
- ▶ Groups, classes, and clubs
- ▶ Professionals

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
- List of local groups, classes, and clubs that participants might be interested in**

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
- Get Support from Family, Friends,
and Coworkers Page 8 18 Min
- Get Support from Groups, Classes,
and Clubs Page 12 13 Min
- Get Support from Professionals..... Page 14 7 Min
- Plan for Success Page 15 5 Min
- Summary and Closing Page 16 5 Min

Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ SAY: 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 getting support for your healthy lifestyle.</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>↗ DO: Briefly summarize previous session.</p> <p>💬 DISCUSS: Does anyone have any questions for me about what we talked about last time?</p> <p>▶ SAY: Let’s talk about how things went with the action plan you made last time.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p> <p>▶ SAY: Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p>

Notes to Coach	Objectives (2 minutes)
	<p>► SAY: Let's face it—it's not easy to make lasting changes in your lifestyle. Fortunately, you don't need to do it alone.</p> <p>Getting support for your healthy lifestyle can help you prevent or delay type 2 diabetes. Today, we will talk about how to get support from:</p> <ul style="list-style-type: none">■ Family, friends, and coworkers■ Groups, classes, and clubs■ Professionals <p>Finally, you will make a new action plan.</p>

Notes to Coach	Get Support from Family, Friends, and Coworkers (18 minutes)
<p>They <u>hinder</u> your healthy lifestyle when they:</p> <ul style="list-style-type: none"> ■ Buy and cook unhealthy items ■ Complain about the healthy items you buy and cook ■ Criticize you for failing to reach your eating and fitness goals ■ Eat unhealthy items, and offer them to you ■ Invite you to do things that involve sitting or lying around ■ Make it hard for you to find time to be active ■ Refuse to do active things with you ■ Tell you you're fine the way you are, so you don't need to change 	<p>► SAY: You've been working hard to make healthy changes in your lifestyle. Your family, friends, and coworkers can have a big impact on those efforts, for better or for worse.</p> <p>Let's start by talking about some ways that family, friends, and coworkers might <u>get in the way</u> of your healthy lifestyle. This is not always on purpose, but it happens.</p> <p>Let's look at an example. Please turn to "Jim's Story" on page 3 of this module's handouts.</p> <p>↗ DO: Read (or ask a volunteer to read) the first two paragraphs of the story.</p> <p>💬 DISCUSS: How might family, friends, and coworkers <u>hinder</u> your healthy lifestyle?</p>

Notes to Coach	Get Support from Family, Friends, and Coworkers
<p>To <u>support</u> your healthy lifestyle, they could:</p> <ul style="list-style-type: none"> ■ Agree to do active things with you ■ Buy and cook healthy items ■ Eat healthy items, and offer them to you ■ Encourage you to stick to your healthy lifestyle ■ Invite you to do active things ■ Praise you for being active ■ Praise the healthy items you buy and cook ■ Tell you you're making great progress 	<p>► SAY: Now let's turn this around.</p> <p>🗨️ DISCUSS: How could family, friends, and coworkers <u>support</u> your healthy lifestyle?</p>

Notes to Coach	Get Support from Family, Friends, and Coworkers
<p>To get them to <u>support</u> your healthy lifestyle, you could:</p> <ul style="list-style-type: none"> ■ Share facts about type 2 diabetes and how to prevent it ■ Tell them why you are trying to lead a healthy lifestyle ■ Ask them nicely to support your efforts ■ Give them regular updates on your progress ■ Set family rules <p>You could also invite them to:</p> <ul style="list-style-type: none"> ■ Be active with you ■ Plan and shop for healthy meals with you ■ Cook and eat healthy food with you 	<p>► SAY: Your family, friends, and coworkers care about you and want you to be well. But they might not understand what you're doing, or why you're doing it. Or they might not know how to support your efforts. It's up to you to tell them.</p> <p>🗨️ DISCUSS: How could you get family, friends, and coworkers to <u>support</u> your healthy lifestyle?</p>

Notes to Coach	Get Support from Family, Friends, and Coworkers
<p>.....</p> <p>This activity is optional.</p> <p>.....</p>	<p>.....</p> <p>* ACTIVITY: Practice Getting Support</p> <p>▶ SAY: Getting support from family, friends, and coworkers takes practice. Let's practice it together right now.</p> <p>↗ DO: Break participants into small groups. Have them practice asking family, friends, and coworkers to support their healthy lifestyle. Tell them to use "How to Get Support: Family, Friends, and Coworkers" on page 4 for ideas. If you'd like, you can ask for volunteers to show their role-play to the whole group.</p> <p>.....</p>

Notes to Coach	Get Support from Groups, Classes, and Clubs (13 minutes)
	<p>► SAY: We've talked about how to get support from family, friends, and coworkers. Now let's talk about how to get support from other people in your community</p> <p>One way to get support from others in your community is to join a support group. Some support groups meet in person. Others connect online.</p> <p>Support groups are for people who share a common issue. There are support groups for people who have lost a child, for people with cancer, and for people with a spouse who drinks too much. There are also support groups for people like you—people who want to lower their risk of type 2 diabetes and live a healthy lifestyle.</p> <p>Support group members share facts, ideas, and feelings. They listen to and encourage each other.</p> <p>Another way to get support from others in your community is to join an online health community. There are health communities for people with a range of lifestyle goals. Members share tips and stories, compete with each other, and cheer each other on.</p> <p>Another way to get support from others in your community is to take a class or join a club. This lets you learn about and practice healthy habits with like-minded people.</p>

Notes to Coach	Get Support from Groups, Classes, and Clubs
<p>Classes and clubs that support healthy <u>eating</u> habits include those for:</p> <ul style="list-style-type: none"> ■ Healthy cooking ■ Healthy meal planning <p>Classes and clubs that support healthy <u>fitness</u> habits include those for:</p> <ul style="list-style-type: none"> ■ Dancing ■ Softball ■ Walking <p>Ways to <u>find</u> groups, classes, and clubs that support your healthy lifestyle include:</p> <ul style="list-style-type: none"> ■ Ask your healthcare provider. ■ Contact community groups. ■ Search online. 	<p> DISCUSS: What are some classes and clubs that could support your healthy <u>eating</u> habits?</p> <p>And what are some classes and clubs that could support your healthy <u>fitness</u> habits?</p> <p>What are some ways to <u>find</u> groups, classes, and clubs that support your healthy lifestyle?</p> <p>▶ SAY: Some community groups can also connect you with healthcare, transportation, financial help, and more.</p> <p>↗ DO: If possible, provide a list of local groups, classes, and clubs that participants might be interested in.</p>

Notes to Coach	Get Support from Professionals (7 minutes)
	<p>▶ SAY: We've talked about how to get support from family, friends, and coworkers and from others in your community. Now let's talk about how to get support from professionals. These are people who have specialized training.</p> <p>Please turn to "How to Get Support: Professionals" on page 7.</p> <p>↗ DO: Review handout. Discuss briefly.</p> <p>▶ SAY: I hope you'll always feel free to ask me for support.</p>

Notes to Coach	Plan for Success (5 minutes)
	<p>▶ SAY: 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 getting support for your healthy lifestyle.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none">■ Realistic■ Doable■ Specific■ Flexible <p>Remember to focus on behaviors. And try to have fun!</p> <p>↙ DO: 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"> ■ How to Get Support: Family, Friends, and Coworkers ■ How to Get Support: Groups, Classes, and Clubs ■ Action Plan 	<p>► SAY: Please look at “How to Get Support: Family, Friends, and Coworkers” on page 5. Between now and the next session, I’d like you to complete the chart. In the left column, write some ways they hinder your healthy lifestyle. In the right column, write how you will get their support.</p> <p>I’d also like you to read “How to Get Support: Groups, Classes, and Clubs” on page 6. Think about trying some of these ideas!</p> <p>↗ DO: Answer questions as needed.</p> <p>► SAY: We have come to the end of our meeting. Today, we discussed getting support for your healthy lifestyle. We talked about how to get support from:</p> <ul style="list-style-type: none"> ■ Family, friends, and coworkers ■ Groups, classes, and clubs ■ Professionals <p>💬 DISCUSS: Do you have questions about anything we talked about today?</p> <p>► SAY: 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>Meeting adjourned.</p>