



**PREVENT T2**

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

## Lifestyle Coach Training Guide

**Take a Fitness Break**

## Take a Fitness Break

### Session Focus

Taking a 2-minute fitness break every 30 minutes can help prevent or delay type 2 diabetes. This module teaches participants how to overcome barriers to taking fitness breaks.

### Participant Learning Objectives

By the end of the session, participants will:

- ▶ Recognize the link between sitting still and type 2 diabetes
- ▶ Identify some challenges of taking fitness breaks and ways to cope with them

## 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

## 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
- Sitting Still and Type 2 Diabetes ..... Page 7 ..... 10 Min
- How to Cope with Challenges ..... Page 9 ..... 28 Min
- Plan for Success ..... Page 10 ..... 5 Min
- Summary and Closing ..... Page 10 ..... 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 taking fitness breaks.</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> Taking a 2-minute fitness break every 30 minutes can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none"> <li>■ The link between sitting still and type 2 diabetes</li> <li>■ Some challenges of taking fitness breaks and ways to cope with them</li> </ul> <p>We'll also get a chance to take a fitness break.</p> <p>Finally, you will make a new action plan.</p>
<p>Answers may vary based on what participants do for a living. For instance, some may have desk jobs. Some may be on their feet all day. Others may be retired.</p>	<p><b>Sitting Still and Type 2 Diabetes</b> (10 minutes)</p> <p>► <b>SAY:</b> Let's start by talking about the link between sitting still and type 2 diabetes. Many of us spend most of our waking hours sitting still.</p> <p>Let's look at an example. Please turn to "Terry's Story" on page 3 of this module's handouts.</p> <p>↗ <b>DO:</b> Read (or ask a volunteer to read) the first four paragraphs of the story. (Read all but the last paragraph.)</p> <p>🗣️ <b>DISCUSS:</b> How about you? How much of your waking hours do you spend sitting still?</p>

Notes to Coach	Sitting Still and Type 2 Diabetes
<p>To take a fitness break, you could:</p> <ul style="list-style-type: none"> <li>■ Dance</li> <li>■ Do side steps</li> <li>■ March or jog in place</li> <li>■ Touch your toes</li> <li>■ Walk around</li> </ul> <p>.....</p> <p>Participants can hold on to a chair for support if they wish. If standing is too hard for them, they can move while seated.</p> <p>.....</p>	<p>► <b>SAY:</b> Sitting still is bad for you. Studies show that the <u>more</u> time you spend sitting still, the <u>greater</u> your risk of health problems. These include type 2 diabetes, obesity, heart problems, and some types of cancer.</p> <p>That’s why experts say it’s important to get out of your seat. They suggest taking a 2-minute fitness break every 30 minutes. The break doesn’t need to be long or vigorous. The key is to move.</p> <p>Let’s go back to the story.</p> <p>↗ <b>DO:</b> Read (or ask a volunteer to read) the last paragraph of the story.</p> <p>► <b>ASK:</b> What does Terry do during her fitness breaks?</p> <p><b>ANSWER:</b> She stands up during part of her train ride. At work, she walks around her office while she talks on the phone and uses an exercise ball at the computer.</p> <p>💬 <b>DISCUSS:</b> What could you do for a 2-minute fitness break right now?</p> <p>.....</p> <p>✳️ <b>ACTIVITY:</b> Take a Fitness Break</p> <p>► <b>SAY:</b> Let’s take a 2-minute fitness break right now.</p> <p>↗ <b>DO:</b> Lead participants in one of the ideas the group came up with. Or let them choose their own.</p> <p>💬 <b>DISCUSS:</b> How do you feel now?</p> <p>.....</p>

Notes to Coach	How to Cope with Challenges (28 minutes)
<p>Challenges and ways to cope include:</p> <p><b>I don't have time for fitness breaks.</b></p> <p>To fit in fitness breaks when you travel:</p> <ul style="list-style-type: none"> <li>■ Stand on the bus or train.</li> </ul> <p>To fit in fitness breaks while you watch TV or videos:</p> <ul style="list-style-type: none"> <li>■ March or jog in place.</li> </ul> <p>To fit in fitness breaks while you use a computer:</p> <ul style="list-style-type: none"> <li>■ Stand up.</li> </ul> <p>To fit in fitness breaks while you talk on the phone:</p> <ul style="list-style-type: none"> <li>■ March in place.</li> </ul> <p>To fit in fitness breaks at work:</p> <ul style="list-style-type: none"> <li>■ Take the stairs.</li> </ul> <p><b>I forget to take fitness breaks.</b></p> <ul style="list-style-type: none"> <li>■ Set a timer.</li> <li>■ Ask your friends or family to remind you.</li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>SAY:</b> Let's talk about some challenges of taking fitness breaks.</li> <li>🗨️ <b>DISCUSS:</b> What do you think might be challenging about taking a 2-minute fitness break every 30 minutes?</li> <li>📌 <b>DO:</b> Write the challenges on a flip chart or white board, if you are using one.</li> <li>▶ <b>SAY:</b> Now, let's brainstorm.</li> <li>🗨️ <b>DISCUSS:</b> What are some ways to cope with these challenges?</li> </ul>

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 taking fitness breaks.</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>
	<p><b>Summary and Closing</b> (5 minutes)</p>
	<p>► <b>SAY:</b> Between now and the next session, please complete "How to Cope With Challenges" on pages 4 and 5. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.</p>

Notes to Coach	Summary and Closing
 <p>Things to Try at Home:</p> <ul style="list-style-type: none"> <li>■ How to Cope With Challenges</li> <li>■ Take fitness breaks</li> <li>■ Action Plan</li> </ul>	<p>I'd also like you to try taking a 2-minute fitness break every 30 minutes. See how it goes.</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 how taking a 2-minute fitness break every 30 minutes can help you prevent or delay type 2 diabetes. We talked about:</p> <ul style="list-style-type: none"> <li>■ The link between sitting still and type 2 diabetes</li> <li>■ Some challenges of taking fitness breaks and ways to cope with them</li> </ul> <p>We also got a chance to take a fitness break.</p> <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>