



PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Lifestyle Coach Training Guide

Stay Active to Prevent T2

Stay Active to Prevent T2

Session Focus

Staying active over the long term can help prevent or delay type 2 diabetes. This module teaches participants how to cope with some challenges of staying active.

Participant Learning Objectives

By the end of the session, participants will:

- ▶ Identify some benefits of staying active
- ▶ Identify some challenges of staying active and ways to cope with them
- ▶ Reflect on how far they've come since they started this program

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 on 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 ReviewPage 6 10 Min
- ObjectivesPage 72 Min
- Benefits of Staying ActivePage 8 10 Min
- How to Cope with ChallengesPage 9 18 Min
- Look How Far You've Come!Page 10 10 Min
- Plan for SuccessPage 115 Min
- Summary and ClosingPage 125 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 staying active over the long term.</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: Staying active over the long term can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none">■ 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 <p>Finally, you will make a new action plan.</p>

Notes to Coach	Benefits of Staying Active (10 minutes)
<p>Benefits of staying active include:</p> <ul style="list-style-type: none"> ■ Better sleep and mood ■ Improved balance and flexibility ■ Lower blood pressure and cholesterol ■ Lower risk of heart attack and stroke ■ Lower stress level ■ More energy ■ Stronger muscles 	<p>▶ SAY: We'll start by talking about some benefits of staying active over the long term. Let's look at an example. Please turn to "Teo'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>▶ SAY: So Teo has reached his weight goal. And his blood sugar is normal now.</p> <p>▶ ASK: Besides eating well, what can Teo do to hold on to these gains? How can he keep off the weight he's lost and keep his blood sugar normal?</p> <p style="padding-left: 40px;">ANSWER: He can stay active.</p> <p>▶ SAY: Staying active has other benefits.</p> <p>🗨️ DISCUSS: What are some other benefits of staying active? Why do <u>you</u> want to stay active?</p>

Notes to Coach	How to Cope with Challenges (18 minutes)
<p>Challenges and ways to cope include:</p> <p>I feel less motivated.</p> <ul style="list-style-type: none"> ■ Plan ahead. ■ Keep it fun. <p>I have less time due to life changes.</p> <ul style="list-style-type: none"> ■ Walk to get places. ■ Ask for help. <p>I have less money due to life changes.</p> <ul style="list-style-type: none"> ■ Do free activities. ■ Buy workout clothes and supplies on sale. <p>The weather is making it hard to walk outside.</p> <ul style="list-style-type: none"> ■ Dress for the weather. ■ Walk in a mall. <p>I'm injured.</p> <ul style="list-style-type: none"> ■ Find another way to be active. ■ Get more active over time. 	<p>▶ SAY: It can be challenging to <u>get</u> active. But it can be even harder to <u>stay active</u> over the long term.</p> <p>Life events may get in your way. And you may feel less motivated over time. As a result, you may find yourself going back to old habits. Let's turn back to the story.</p> <p>↗ DO: Read (or ask a volunteer to read) paragraphs 3 to 5.</p> <p>▶ ASK: What makes it challenging for Teo to stay active?</p> <p>ANSWER: Since his wife started going to night classes, it's hard for Teo to find time to be active. Also, he's met his weight-loss goal, so he feels less motivated.</p> <p>💬 DISCUSS: What might make it challenging for <u>you</u> to stay active over the long term?</p> <p>↗ DO: Write the challenges on the flip chart or white board, if you are using one.</p> <p>▶ SAY: Now, let's brainstorm.</p> <p>💬 DISCUSS: What are some ways to cope with these challenges?</p>

Notes to Coach	Look How Far You've Come! (10 minutes)
<p>Participants can check their Fitness Log to find out their minutes of activity.</p>	<p>► SAY: Let's wrap up by looking at how far you've come with your activity since you started this program.</p> <p> DISCUSS: What types of activity did you do when you first started this program? And what types of activity do you do now?</p> <p>How many minutes a day were you active when you first started this program? And how many minutes a day are you active now?</p> <p>How did you feel about being active when you first started this program? And how do you feel about being active now?</p> <p>► SAY: Some of you have reached your fitness goal. Some of you are still working toward it. That's fine. The important thing is that you're all active. And I hope you'll stay active for life.</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 staying active over the long term.</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 Cope with Challenges ■ How I Will Stay Active ■ Action Plan 	<p>► SAY: Between now and the next session, please complete “How to Cope with Challenges” on pages 4 to 6 of this module’s handouts. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.</p> <p>I’d also like you to complete “How I Will Stay Active” on page 7. Think about why you want to stay active over the long term. Also think about the challenges you might face, and how you will cope with them. You can use “Tips for Staying Active Every Day” on pages 8 and 9 for ideas.</p> <p>↗ DO: Answer questions as needed.</p> <p>► SAY: We have come to the end of our meeting. Today, we discussed staying active over the long term. We talked about:</p> <ul style="list-style-type: none"> ■ 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 <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>