



Lifestyle Coach Training Guide

Get Active to Prevent T2

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Session Focus

Physical activity can help prevent or delay type 2 diabetes. This module introduces the concept of getting active.

Participant Learning Objectives

By the end of the session, participants will:

- ▶ Identify some benefits of getting active
- ▶ Identify some ways to get active

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 Getting ActivePage 7 13 Min
- Ways to Get ActivePage 920 Min
- Plan for Success.....Page 105 Min
- Summary and ClosingPage 11 10 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 active to prevent or delay type 2 diabetes.</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: What questions do you have about our last session?</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: Getting active can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none"> ■ Some benefits of getting active ■ Some ways to get active <p>We'll also get a chance to move around a little. Finally, you will make a new action plan.</p>
	<p>Benefits of Getting Active (13 minutes)</p> <p>► SAY: Let's start by talking about how getting active can lower your risk of type 2 diabetes.</p> <p>One way it does this is by helping you lose weight. The more active you are, the more calories you burn.</p> <p>► ASK: Can anyone tell me what calories are?</p> <p>ANSWER: Calories are a measure of energy. You get them from food and drink.</p>

Notes to Coach	Benefits of Getting Active
<p>Benefits of getting 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: Getting active can lower your risk of type 2 diabetes another way: It lowers your blood sugar. It does this by making your cells better able to use insulin to take up blood sugar.</p> <p> DISCUSS: We've talked about how getting active can lower your risk of type 2 diabetes. What are some other benefits of getting active? Why do you want to get active?</p> <p>▶ SAY: As you know, you'll be working towards at least 150 minutes of activity each week. It may take you a while to reach that goal. But if you make small changes over time, you'll get there!</p>

Notes to Coach	Ways to Get Active (20 minutes)
<p>Ways to get active include:</p> <ul style="list-style-type: none"> ■ Biking ■ Climbing stairs ■ Dancing ■ Doing yard work ■ Hiking ■ Jogging ■ Jumping rope ■ Lifting weights ■ Playing soccer ■ Stretching ■ Swimming ■ Using resistance bands ■ Walking briskly <p>.....</p> <p>Participants can hold on to a chair for support if they wish. If marching while standing is too hard for them, they can march while seated.</p> <p>.....</p>	<p>▶ SAY: There are so many great ways to get active. You're sure to find at least one that you like.</p> <p>🗨️ DISCUSS: What are some ways to get active?</p> <p>▶ SAY: As you know, in this program, the goal is to be active at a <u>moderate</u> pace or more.</p> <p>▶ ASK: What's a good way to know if you're being active at a moderate pace?</p> <p>ANSWER: 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>▶ SAY: Let's try the Talk Test right now.</p> <p>.....</p> <p>🌟 ACTIVITY: March in Place</p> <p>↗️ DO: Model how to march in place.</p> <p>▶ SAY: March in place while you talk with your neighbor about the activities you want to try. Make sure you can talk while you march, but you can't sing.</p> <p>↗️ DO: Give participants a few minutes to march in place.</p> <p>▶ SAY: Great marching everyone! You can stop now.</p> <p>.....</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 active.</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 (10 minutes)
<p>This discussion is optional.</p>	<p>► SAY: Now let’s turn to the handouts that go with this module. Before our next session, I’d like you to read “Teo’s Story” on page 3 and “Ways to Get Active” on page 4.</p> <p>It’s important to work out safely. So please complete “Are You Ready to Get Active?” on page 5. It will help you decide whether to visit your healthcare provider before you get active.</p> <p>Also, please read the safety tips in “Be Active, Be Safe” on page 6.</p> <p>It can be challenging to get active. Please look at “How to Cope With Challenges” on pages 7 to 9. It shows some common challenges and ways to cope with them. Before our next session, please write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.</p> <p> DISCUSS: What might you find challenging about getting active?</p>

Notes to Coach	Summary and Closing
 <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ Teo's Story ■ Ways to Get Active ■ Are You Ready to Get Active? ■ Be Active, Be Safe ■ How to Cope with Challenges ■ Action Plan 	<p>► SAY: We have come to the end of our meeting. Today, we discussed how getting active can help you prevent or delay type 2 diabetes.</p> <p>We talked about:</p> <ul style="list-style-type: none"> ■ Some benefits of getting active ■ Some ways to get active <p>We also got a chance to move around a little.</p> <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>