



Lifestyle Coach Training Guide

Burn More Calories Than You Take In

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Session Focus

Losing weight can help prevent or delay type 2 diabetes. This module teaches participants how to lose weight by burning more calories than they take in.

Participant Learning Objectives

By the end of the session, participants will:

- ▶ Recognize the link between calories and weight
- ▶ Explain how to track the calories they take in
- ▶ Explain how to track the calories they burn
- ▶ Explain how to burn more calories than they take in

Materials Checklist

You will need:

- Your Participant Notebook
- Participant Guides for this module (one 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
- Old-fashioned balance**
- Table**
- 20 red marbles**
- 20 blue marbles**
- Sink**
- 2 or 3 balloons**
- Needle**
- Examples of ways to track how many calories you take in and how many calories you burn, such as spiral notebooks and smart phone and computer apps**

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
- Calories and WeightPage 7 10 Min
- How to Track the Calories You Take InPage 11 10 Min
- How to Track the
Calories You BurnPage 12 10 Min
- How to Burn More
Calories Than You Take In.Page 14 10 Min
- Plan for SuccessPage 155 Min
- Summary and ClosingPage 163 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 how to lose weight by burning more calories than you take in.</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: As you know, losing weight can help you prevent or delay type 2 diabetes. Today, we'll discuss how to lose weight by burning more calories than you take in.</p> <p>We will talk about:</p> <ul style="list-style-type: none"> ■ The link between calories and weight ■ How to track the calories you <u>take in</u> ■ How to track the calories you <u>burn</u> ■ How to <u>burn</u> more calories than you <u>take in</u> <p>Finally, you will make a new action plan.</p>
	<p>Calories and Weight (10 minutes)</p> <p>▶ SAY: Let's start by talking about the link between calories and weight.</p> <p>▶ ASK: What are calories?</p> <p>ANSWER: A measure of energy</p> <p>▶ SAY: When you eat or drink, you <u>take in</u> calories. When you are active, you <u>burn</u> calories.</p>

Notes to Coach	Calories and Weight
<p>.....</p> <p>This activity is optional. If you'd prefer, ask participants to picture it.</p> <p>.....</p>	<p>.....</p> <p>✳️ ACTIVITY 1: Poking a Balloon</p> <p>↙↗ DO: Connect a balloon to a faucet. Fill it halfway with water.</p> <p>Poke a small hole in the balloon. Then turn on the tap so that a small, steady stream of water goes into the balloon.</p> <p>▶ ASK: What is happening to the balloon?</p> <p>ANSWER: It's getting larger, since more is going in than is going out through the hole.</p> <p>↙↗ DO: Poke several more small holes in the balloon, so that there is as much water going out as going in.</p> <p>▶ ASK: What is happening to the balloon?</p> <p>ANSWER: It's staying the same size.</p> <p>↙↗ DO: Poke several more holes in the balloon so that there is a little more water going out than going in.</p> <p>▶ ASK: What is happening to the balloon?</p> <p>ANSWER: It's getting smaller.</p> <p>▶ SAY: This is what happens when you burn more calories than you take in—you lose weight.</p> <p>.....</p>

Notes to Coach	Calories and Weight
<p>.....</p> <p>This activity is optional. If you'd prefer, ask participants to picture it.</p> <p>.....</p>	<p>.....</p> <p>ACTIVITY 2: Balancing Marbles</p> <p>↗ DO: Place an old-fashioned balance on a table. Set out two bowls—one filled with red marbles, the other filled with blue marbles. Ask for two volunteers.</p> <p>▶ SAY: The <u>blue</u> marbles stand for the calories you <u>take in</u>. The <u>red</u> marbles stand for the calories you <u>burn</u>.</p> <p>↗ DO: Ask the first volunteer to place 10 blue marbles on one side of the balance. Ask the second volunteer to place 5 red marbles on the other side of the balance.</p> <p>▶ ASK: What happens when you <u>take in</u> more calories than you burn?</p> <p>ANSWER: You <u>gain</u> weight.</p> <p>↗ DO: Ask the second volunteer to add 5 more red marbles to the balance.</p> <p>▶ ASK: What happens when you burn the <u>same</u> number of calories as you take in?</p> <p>ANSWER: Your weight stays the <u>same</u>.</p> <p>↗ DO: Ask the second volunteer to add 5 more red marbles to the balance.</p> <p>▶ ASK: And what happens when you <u>burn</u> more calories than you take in?</p> <p>ANSWER: You <u>lose</u> weight.</p> <p>.....</p>

Notes to Coach	Calories and Weight
 <p>1 pound of body fat = 3,500 calories</p> <p>3,500 calories ÷ 7 days = 500 calories/day</p> <p>To <u>take in fewer</u> calories, Paul could:</p> <ul style="list-style-type: none"> ■ Bake chicken instead of frying it ■ Drink water instead of soda or juice ■ Have smaller portions ■ Snack on carrot sticks instead of potato chips <p>To <u>burn more</u> calories, Paul could:</p> <ul style="list-style-type: none"> ■ Be active for more time ■ Go farther or faster ■ Go up steeper hills ■ Lift heavier weights ■ Take more steps per day 	<p>▶ SAY: So if your goal is to lose weight, you'll want to burn more calories than you <u>take in</u>. Let's look at an example. Please turn to "Paul's Story" on pages 3 and 4 of this module's handouts.</p> <p>↗ DO: Read (or have a volunteer read) the first page of the story (page 3). Discuss briefly.</p> <p>▶ SAY: Let's say Paul chooses the first option.</p> <p>💬 DISCUSS: How could Paul <u>take in</u> 500 <u>fewer</u> calories per day by changing his eating habits?</p> <p>↗ DO: Refer participants to "Ways to Eat Fewer Calories" (pages 5-7), "Rethink Your Drink" (pages 8-10), and "Better Drink Choices Made Easy" (pages 11-12). Or look at them together.</p> <p>▶ SAY: Now let's say Paul chooses the second option.</p> <p>💬 DISCUSS: How could Paul <u>burn</u> 500 <u>more</u> calories per day by being more active?</p> <p>▶ SAY: Again, a third option is for Paul to cut 500 calories per day through a mixture of eating and activity.</p> <p>💬 DISCUSS: Which of the three options do you think would work best for you?</p>

Notes to Coach	How to Track the Calories You Take In (10 minutes)
 <ul style="list-style-type: none"> ■ 1 cup oats ■ 2 cups water ■ Sprinkle cinnamon ■ 1 cup coffee ■ 1 cup skim milk <p>Ways to find calories in food include:</p> <ul style="list-style-type: none"> ■ Lists of calories in common foods ■ Nutrition Facts labels ■ Online tools ■ Smart phone or computer apps 	<p>► SAY: We've discussed the link between calories and weight. Now let's talk about how to track the calories you take in.</p> <p>To figure out how many calories you take in, you need to know two things:</p> <ul style="list-style-type: none"> ■ <u>What you eat and drink</u> ■ <u>How much you eat and drink</u> <p>Paul wants to know how many calories are in his breakfast. So he uses a measuring cup to measure each item. He has:</p> <ul style="list-style-type: none"> ■ Oatmeal made with 1 cup of oats, 2 cups of water, and a sprinkle of cinnamon ■ 1 cup of coffee ■ 1 cup of skim milk, which he divides between the oatmeal and the coffee <p> DISCUSS: Now that Paul knows these things, how could he find out how many calories are in his breakfast?</p> <p>► SAY: Paul figures out that his breakfast has 400 calories.</p>

Notes to Coach	How to Track the Calories You Take In
<p>Ways to <u>record</u> calories include:</p> <ul style="list-style-type: none"> ■ Smart phone or computer apps ■ Spiral notebook ■ Spreadsheet ■ Voice recording <p>To learn more about how to track the calories you take in, see the <i>Track Your Food</i> handouts.</p>	<p>▶ ASK: What should he do with this number?</p> <p>ANSWER: Record it</p> <p>🗨️ DISCUSS: How could Paul <u>record</u> the calories in his breakfast?</p> <p>▶ SAY: Ultimately, though, he'll want to write this number in his Food Log.</p> <p>👉 DO: If you'd like, bring in some examples of ways to track the calories you take in. Show participants how to use them.</p>
	<p>How to Track the Calories You Burn (10 minutes)</p> <p>▶ SAY: We've discussed how to track the calories you <u>take in</u>. Now let's talk about how to track the calories you <u>burn</u>.</p> <p>After breakfast, Paul takes a walk. He wants to know how many calories he burns.</p>

Notes to Coach	How to Track the Calories You Burn
 <ul style="list-style-type: none"> ■ 240 pounds ■ Walking ■ 30 minutes ■ Moderate <p>Ways to <u>find</u> calories burned include:</p> <ul style="list-style-type: none"> ■ Lists of common activities ■ Online tools ■ Smart phone or computer apps 	<p>To figure out how many calories you burn, you need to know four things:</p> <ul style="list-style-type: none"> ■ How much you weigh ■ Your activity ■ How long you do it ■ Your pace <p>Paul knows that he weighs 240 pounds because he weighs himself. He knows that his walk is 30 minutes long because he times it. And he knows that his pace is moderate because he uses the Talk Test.</p> <p>▶ ASK: What is the Talk Test?</p> <p>ANSWER: Paul can talk, but not sing, through his activity.</p> <p> DISCUSS: Now that he knows these things, how could Paul <u>find out</u> how many calories he burns during his walk?</p> <p>↗ DO: Refer participants to “Ways to Burn Calories” on page 13 of this module’s handouts. Or look at it together.</p> <p>▶ SAY: Paul figures out that his walk burns about 90 calories.</p>

Notes to Coach	How to Track the Calories You Burn
<p>Ways to <u>record</u> calories include:</p> <ul style="list-style-type: none"> ■ Smart phone or computer apps ■ Spiral notebook ■ Spreadsheet ■ Voice recording <p>To learn more about how to track the calories you burn, see the <i>Track Your Activity</i> handouts.</p>	<p>▶ ASK: What should he do with this number?</p> <p>ANSWER: Record it</p> <p> DISCUSS: How could Paul <u>record</u> the calories his walk burns?</p> <p>▶ SAY: Ultimately, though, he'll want to write this number in his Fitness Log.</p> <p>↗ DO: If you'd like, bring in some examples of ways to track the calories you burn. Show participants how to use them.</p>
	<p>How to Burn More Calories Than You Take In (10 minutes)</p> <p>▶ SAY: Once you know how many calories you take in and how many calories you <u>burn</u> in a given day, you can figure out your <u>actual calories</u> for that day. Let's go back to Paul.</p> <p>↗ DO: Read (or have a volunteer read) the second page of the story (page 4). Discuss briefly.</p> <p>▶ SAY: Remember, 1,700 calories per day is <u>Paul's</u> goal. Talk with your healthcare provider about your calorie goal.</p> <p> DISCUSS: Do you think you can reach your goal through a mixture of eating and activity?</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 burning more calories than you take in.</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 (3 minutes)
 <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ Track for at least <u>1 day</u>: <ul style="list-style-type: none"> ■ Calories you <u>take in</u> ■ Calories you <u>burn</u> ■ Action Plan 	<p>► SAY: Tracking your calories can help you burn more calories than you take in. Please look at your Food Log and Fitness Log. Between now and our next session, I'd like you to use these logs to track the calories you <u>take in</u> and the calories you <u>burn</u>. Please do this for at least <u>one day</u>.</p> <p>↗ DO: Answer questions as needed.</p> <p>► SAY: We have come to the end of our meeting. Today, we discussed how to lose weight by burning more calories than you take in.</p> <p>We talked about:</p> <ul style="list-style-type: none"> ■ The link between calories and weight ■ How to track the calories you <u>take in</u> ■ How to track the calories you <u>burn</u> ■ How to burn more calories than you <u>take in</u> <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>