



# Participant Guide

Take a Fitness Break



## Session Focus

Taking a 2-minute fitness break every 30 minutes can help you prevent or delay type 2 diabetes.

### This session we will talk about:

- The link between sitting still and type 2 diabetes
- Some challenges of taking fitness breaks and ways to cope with them

### You will also make a new action plan!



#### Tips:

- ✓ Keep track of how much time you spend sitting still each day.
- ✓ Try to take a 2-minute fitness break every 30 minutes.





## Terry's Story

Terry is at risk for type 2 diabetes. Her doctor asks her to be active for at least 150 minutes a week, at a moderate pace or more. Over time, she reaches that goal.

Terry's doctor then asks her to start tracking the time she spends sitting still. Here's what she finds.

In the morning, Terry sits while taking the train to work. She spends most of the workday sitting at her desk, using the computer. Sometimes she talks on the phone or has a meeting—also sitting. She eats her lunch at a table in the staff room. After work, she takes the train home. Later that evening, she watches TV.

When Terry adds up all that time, she is surprised by what she learns. It turns out she sits still for about 12 out of the 16 hours that she's awake. So even though she gets her 150 minutes of activity a week, Terry spends an awful lot of time sitting still.

Terry decides to take action. These days, she still gets her 150 minutes of activity each week. But she also spends less time sitting down. She uses an app on her phone to remind herself to take a 2-minute fitness break every 30 minutes. 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. Terry feels better than ever.





## How to Cope With Challenges

It can be challenging to take fitness breaks. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.

| Challenge   | Ways to Cope  | Other Ways to Cope   |
|---|---|--|
| <p><b>I don't have time for fitness breaks.</b></p> | <p><b>While you travel:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Get out at each rest stop when you drive.</li> <li><input type="checkbox"/> If you're a passenger, be active while you ride. Do leg lifts, use a resistance band, or tighten your muscles.</li> <li><input type="checkbox"/> Stand on the bus or train.</li> </ul> <p><b>While you watch TV or videos:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dance.</li> <li><input type="checkbox"/> Do wall push-ups.</li> <li><input type="checkbox"/> Lift weights, or use resistance bands.</li> <li><input type="checkbox"/> March or jog in place.</li> <li><input type="checkbox"/> Ride a stationary bike.</li> <li><input type="checkbox"/> Walk around during ads.</li> </ul> <p><b>While you use a computer:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sit on an exercise ball.</li> <li><input type="checkbox"/> Stand up. Make sure the computer is at a comfortable height.</li> </ul> | <p><b>While you travel:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> </ul> <p><b>While you watch TV or videos:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> </ul> <p><b>While you use a computer:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul> |



## How to Cope With Challenges

| Challenge   | Ways to Cope   | Other Ways to Cope   |
|---|--|--|
| <p><b>I don't have time for fitness breaks.</b></p> | <p><b>While you talk on the phone:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Do side steps.</li> <li><input type="checkbox"/> March in place.</li> <li><input type="checkbox"/> Walk around.</li> </ul> <p><b>At work (if you have a desk job):</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ask your coworkers to hold stand-up meetings.</li> <li><input type="checkbox"/> Take the stairs instead of the elevator.</li> <li><input type="checkbox"/> Talk to coworkers in person, instead of emailing them.</li> <li><input type="checkbox"/> Use a copy machine on the other side of the building.</li> </ul> | <p><b>While you talk on the phone:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul> <p><b>At work (if you have a desk job):</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> </ul> |
| <p><b>I forget to take fitness breaks.</b></p>      | <ul style="list-style-type: none"> <li><input type="checkbox"/> Ask your friends or family to remind you.</li> <li><input type="checkbox"/> Post a note in a place where you'll see it.</li> <li><input type="checkbox"/> Set a timer.</li> <li><input type="checkbox"/> Use a phone or computer app that reminds you.</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> </ul>   |