



Participant Guide

Stay Active Away from Home



Session Focus

Staying active away from home can help you prevent or delay type 2 diabetes.

This session we will talk about:

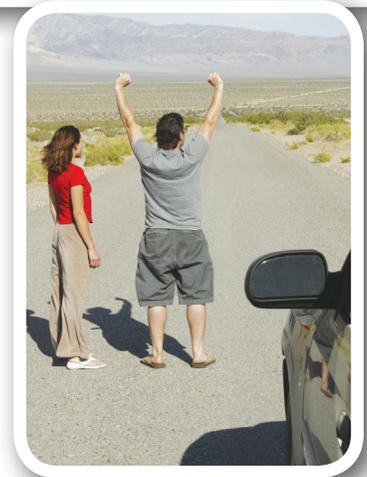
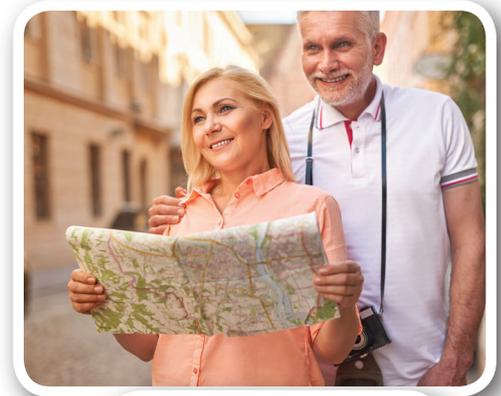
- Some challenges of staying active away from home, and ways to cope with them

You will also make a new action plan!



Tips:

- ✓ If you're a passenger, do leg lifts while you ride.
- ✓ Be active in ways that don't need fitness equipment (walk, march in place, dance, do wall push-ups, climb stairs, or use a fitness app).
- ✓ See sights while you are active (walk, bike, hike, ski, swim, or paddle).





Sherry's Story

Sherry is at risk for type 2 diabetes. So she takes a walk with her neighbor each morning. She also rides a stationary bike after dinner. She's been meeting her goal of being active for at least 150 minutes each week, at a moderate pace or more.

Sherry and her husband are planning to visit some old friends over Memorial Day weekend. It takes six hours just to drive to her friends' house, which means a lot of sitting. And once she gets there, Sherry won't be able to walk with her neighbor or ride her stationary bike. She's worried that she won't reach her fitness goal that week.

Sherry finds ways to stay active during the drive. She and her husband make time for a 2-minute fitness break every 30 minutes. They stretch and walk around at each stop.

Sherry tells her friends that she is being active to prevent type 2 diabetes. She invites them to join her.

Sherry and her friend Ann take a walk each day. It's a great way to get to know the area.

Ann suggests going out in a canoe. Sherry has never canoed before, but she gives it a try. And she loves it!

Sherry has no trouble reaching her fitness goal that week. She's glad to know she can stay active away from home.

What makes it challenging for you to stay active when you're away from home?





How to Cope With Challenges

It can be challenging to stay active away from home. 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>I’m too busy seeing sights.</p> | <p><input type="checkbox"/> See sights while you are active (walk, bike, hike, ski, swim, or paddle).</p> | <p><input type="checkbox"/> _____</p> |
| <p>I’m visiting friends or family.</p> | <p><input type="checkbox"/> Tell them that you are being active to prevent type 2 diabetes.</p> <p><input type="checkbox"/> Look for activities that they can do with you. Invite them to join you.</p> | <p><input type="checkbox"/> _____</p> |
| <p>I have to travel a long way, which means a lot of sitting.</p> | <p><input type="checkbox"/> If you’re a passenger, do leg lifts while you ride.</p> <p><input type="checkbox"/> Take a train. You’ll be able to walk around a little.</p> <p><input type="checkbox"/> If you travel by car, make time for a 2-minute fitness break every 30 minutes.</p> | <p><input type="checkbox"/> _____</p> |



How to Cope With Challenges

| Challenge | Ways to Cope | Other Ways to Cope |
|--|--|--|
| <p>I don't know my way around, so I don't know where to walk.</p> | <ul style="list-style-type: none"> <input type="checkbox"/> Use walking as a chance to get to know the area. <input type="checkbox"/> Buy a map and explore. <input type="checkbox"/> Ask local people where to walk. <input type="checkbox"/> Find maps and route ideas on your computer. <input type="checkbox"/> Get a mapping app for your smart phone. <input type="checkbox"/> Walk inside a local mall. | <ul style="list-style-type: none"> <input type="checkbox"/> _____ |
| <p>I can't use my fitness center or home equipment.</p> | <ul style="list-style-type: none"> <input type="checkbox"/> Find out if there's a local fitness center that you can use. <input type="checkbox"/> Stay at a hotel that has a fitness center or pool. <input type="checkbox"/> Pack a resistance band. <input type="checkbox"/> Rent a bike. <input type="checkbox"/> Be active in ways that don't need fitness equipment (walk, march in place, dance, do wall push-ups, climb stairs, or use a fitness app). | <ul style="list-style-type: none"> <input type="checkbox"/> _____ |
| <p>I don't have my workout buddy.</p> | <ul style="list-style-type: none"> <input type="checkbox"/> Ask someone else to be active with you. <input type="checkbox"/> Be active by yourself. <input type="checkbox"/> Join an online fitness group. <input type="checkbox"/> Contact your workout buddy for support. | <ul style="list-style-type: none"> <input type="checkbox"/> _____ |