

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Module 2: Be Active To Prevent Type 2

Lifestyle Coach Guide



Module Overview

Physical activity is an important part of a healthy lifestyle. This module shares the benefits of activity and provides suggestions for being active.

Participant Learning Objectives

By the end of the session, participants will be able to:

- Identify some benefits of being active
- Identify some ways to be active

Things to Do

In addition to the Session Checklist, you will also want to do the following:

- Communicate with your participants via email, text message, app, or social media to prepare and motivate them for this upcoming session on being active to prevent type 2 diabetes.
 - 1 Week Prior: “Our next session, Be Active to PreventT2 is in one week. We’ll get up and moving, and you will leave with some new ideas to increase your activity level. Mark your calendar and be sure to wear comfortable clothing!”
 - 1 to 2 Days Prior: “Be Active to PreventT2 is almost here! This is a fun session that you don’t want to miss. Dress comfortably! See you soon!”

During this session:

- Make sure participants have enough space to walk in place.

After this session:

- ❑ Remind participants to view the “Get Active” Personal Success Tool module:
<https://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=2>
- ❑ Communicate with your participants via email, text message, app or social media to continue the conversation on being active to prevent type 2 diabetes. Here are some examples of messages to post:
 - “Since our session on being active have you found ways to increase the amount of activity in your week?”
 - “Have you faced any challenges since our session on being active? Reach out and let’s find ways to overcome these challenges together.”
 - “Here are some of the strategies for being active we discussed in our last session:
 - Biking
 - Climbing stairs
 - Dancing
 - Doing yard work
 - Hiking
 - Jogging
 - Jumping rope
 - Lifting weights
 - Playing soccer
 - Stretching
 - Swimming
 - Using resistance bands
 - Walking briskly
- ❑ “Have you incorporated any of these activities in your routine? How is it going?”

Session Content

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to receive weigh-in information and to consult with participants privately, if needed, at the start of each session.

Welcome and Review	Page 4	5 Min
Session Focus	Page 5	1 Min
Benefits of Being Active	Page 6	15 Min
Being Active	Page 8	15 Min
Walking in Place	Page 12	14 Min
Plan for Success	Page 14	5 Min
Summary and Closing	Page 16	5 Min



Time Estimate: 5 minutes
Method: Facilitated Discussion

SAY:

Welcome back, everyone! This is the [current session number] meeting of [name of program]. Today we are going to talk about being active to prevent or delay type 2 diabetes. 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.

DO:

Briefly summarize the previous session.

DISCUSS:

What questions do you have for me about what we talked about last time?

SAY:

Let's talk about how things went with the action plan you made last time.

DISCUSS:

What went well? What didn't go well?

SAY:

Now let's talk about how it went with the other things you tried at home.

DISCUSS:

What went well? What didn't go well?



Time Estimate: 1 minute
Method: Presentation

SAY:

Please look at “Session Focus” on page 1 in the Participant Guide.



For a virtual session, use the screen share feature to display “Session Focus” from the Participant Guide for all the participants to view.

SAY:

Being active can help you to prevent or delay type 2 diabetes. Today we will talk about:

- Some benefits of being active
- Some ways to be active

We’ll also get a chance to move around a little.

Finally, you will make a new action plan.



Time Estimate: 15 minutes
Method: Facilitated Discussion

This part of the session shows participants the health benefits of being active in addition to losing weight.

SAY:

Let's start by talking about how being active can lower your risk of type 2 diabetes. The more active you are, the more calories you burn.

ASK:

Can anyone tell me what calories are?

ANSWER:

Calories are a measure of energy. You get them from food and drink. We will talk more about calories, as well as how to measure and track your food in upcoming sessions.

SAY:

Being 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.

DISCUSS:

Those are some ways being active can lower your risk of type 2 diabetes. What are some ways you want physical activity to benefit you?

DO:

Share the following benefits of being active (if not mentioned):

- 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

SAY:

As you know, you'll be working toward **at least 150 minutes of activity** each week. It may take some time for you to reach that goal. But by making small changes, you'll build habits over time.



Time Estimate: 15 minutes
Methods: Presentation, Facilitated Discussion

This part of the session allows participants to talk about some ways to be active and strategies to achieve physical activity goals.

Tom's Story (5 minutes)

SAY:

Please look at “Tom’s Story” on page 3 in the Participant Guide.



For a virtual session, use the screen share feature to display “Tom’s Story” from the Participant Guide for all the participants to view.

DO:

Read (or ask a volunteer to read) “Tom’s Story.”

ASK:

What suggestions do you have for Tom? How can he be more active?

ANSWER:

Answers from participants may include:

- He can walk on the sidelines during his children’s sports events.
- He can walk with a friend during his lunch break each day.
- He can play basketball with his kids instead of watching it on TV.
- He can take the stairs instead of the elevator.

Ways to Be Active (10 minutes)

SAY:

There are so many great ways to be active. You're sure to find at least one activity that you like.

DISCUSS:

What are some ways to be active? Please share an activity you do already to stay active.

DO:

Encourage a participant-led discussion on strategies to achieve physical activity goals. Participants can share what they do to be active (for example, a walking group, family and friends exercise group, or traditional dance class).

SAY:

Please look at "Ways to Be Active" on page 4 in the Participant Guide.



For a virtual session, use the screen share feature to display "Ways to Be Active" from the Participant Guide for all the participants to view.

DO:

Review the ways that participants can be active:

- Biking
- Climbing stairs
- Dancing
- Doing yard work
- Hiking
- Jogging
- Jumping rope
- Lifting weights
- Playing soccer
- Stretching
- Swimming
- Using resistance bands
- Walking briskly

If you have a personal success story from a past participant, share how they used one or more of these strategies successfully to meet their activity goals.

SAY:

Remember, small increases in physical activity can positively impact your health! Maybe it's climbing the stairs instead of taking the elevator. Think about just one type of physical activity you can commit to starting this week. Write it down in your Participant Guide.

DO:

Give participants a couple of minutes to record their physical activity at the bottom of "Ways to Be Active" in their Participant Guide.

SAY:

As you know, in this program, the goal is to be active at a moderate pace. The Talk Test is a good way to know if you're meeting that goal. In general, if you're doing moderate-intensity activity, you can talk but not sing during the activity. Moderate-intensity activities include:

- Walking briskly (3 miles per hour or faster, but not race-walking)
- Active play with children or pets
- Bicycling slower than 10 miles per hour on mostly flat or level terrain without hills
- Dancing
- Gardening

Let's try the Talk Test right now.



Time Estimate: 14 minutes

Methods: Demonstration, Group Activity

During this activity, participants will practice walking in place while talking or singing.

Walking in Place Demonstration (2 minutes)

DO:

Model how to walk in place. Participants can hold on to a chair for support if they wish. If walking while standing is too hard for them, they can walk while seated.



For a virtual session, use a web camera to enable participants to see you demonstrate walking in place. Encourage others to turn on their cameras, if possible, and do the activity together. You can also pre-record yourself or share a video of people walking in place. Use the available web conference tools to display the video.

Walking in Place Activity (12 minutes)

SAY:

Walk in place while you talk with your neighbor about the activities you want to try. Make sure you can talk while you walk, but keep your pace quick enough that you can't sing.



For a virtual session, participants may not have another person with whom they can talk. You can mute everyone's microphones and use the share screen feature to display a poem or song lyrics for participants to read aloud.

DO:

Give participants about 12 minutes to walk in place.

SAY:

Great walk, everyone! You can stop now.



Time Estimate: 5 minutes

SAY:

Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

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 to your new routines? Are you ready for a new routine?

Also, keep in mind what we discussed today about being active.

As you try out and practice your new routine, make sure to add in the following to make it automatic:

- Make your new routine easy and the old one harder to follow. Build in a healthy reward (remind the group of the healthy rewards brainstormed in Module 1).
- Create times to repeat and practice your new routines.

If you are ready to add another routine, complete these 3 steps:

1. Identify what current routine needs to change or stop.
2. Plan a new routine that helps you make a positive change that will stick.
3. List cues or hints for when to use your new routine.

DO:

Give participants a few minutes to make their action plan.

SAY:

Please look at the PST Modules “Get Active” and “Move Your Way Activity Planner” on page 5 and page 6 of the Participant Guide. If you do not have reliable internet access, please speak with me about alternative ways to access the online materials.

I encourage everyone to review this “Get Active” module. This module contains a quiz, suggested physical activities based on your preferences, and tailored feedback on your activity level and readiness to change. The Activity Planner helps build a personalized weekly activity plan and offers tips for fitting activity into your daily routines.

Later in the week, I will send out a reminder for everyone to check out the PST Modules.

DO:

Tell participants to follow the links provided in the Participant Guide to view both resources. If participants do not have reliable access to the internet, suggest they use resources in the community where public online access is available, such as libraries or community centers.

www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html

health.gov/moveyourway/activity-planner



Demonstrate how to navigate to the PST module while sharing your screen.



Time Estimate: 5 minutes

SAY:

It's important to be active safely. Before our next session, I'd like you to please complete "Are You Ready to Be Active?" on page 7 in the Participant Guide. It will help you decide whether to talk with your health care provider before being active.

Also, please read the safety tips in "Be Active, Be Safe" on page 8 in the Participant Guide.

It can be challenging to be active. Please look at "Overcoming Challenges" on pages 9-12 in the Participant Guide. It shows some common challenges and ways to overcome them. Before our next session, please write your own ideas in the "Other Ways to Overcome" column. I encourage you to check off each idea you try in the future.



For a virtual session, consider screen sharing resources from the Participant Guide as you mention each one.

DISCUSS:

What might you find challenging about being active?

SAY:

We have come to the end of our meeting. Today, we discussed how being active can help you prevent or delay type 2 diabetes.

We talked about:

- Some benefits of being active
- Some ways to be active

We also got a chance to move around a little.

DISCUSS:

Do you have questions about anything we talked about today?

SAY:

Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about [include specific topics that will be presented in the next session].

Thank you for coming to this session. Remember to bring your Participant Guide and your Action Plan Journal to the next session.

End of meeting.