



# Module 6: Be More Active

## Lifestyle Coach Guide



# Module Overview

Getting more active can help your participants reach their program goals. This module teaches participants how to increase their activity levels.

## Participant Learning Objectives

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

- Explain the purpose of getting more active
- Identify some ways to get more active
- Explain how to track more details about their activity

## Things to Do

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

Before this session:

- Communicate with your participants via email, text message, app, or social media to prepare and motivate them for this upcoming session on being more active. Here are some sample messages you can send out to participants for this module:
  - 1 Week Prior: “At our next session, we’ll identify some ways to be more active. We will also talk about and show you how to build muscles. If you are able, bring a resistance band, two small weights, or two household items to use as weights and wear comfortable clothing that you can move freely in. I am looking forward to this session!”
  - 1 to 2 Days Prior: “Our next session on being active is almost here! If you have them, please bring a resistance band or small items to use as weights. Remember to wear clothes that are comfortable for being active. This will be a fun and informative session! See you soon!”
- Select and practice beginner strength training exercises to demonstrate for participants during the session.
  - USDA Nutrition.gov — Exercise Example and Videos:  
[www.nutrition.gov/topics/exercise-and-fitness/exercise-examples-and-videos](http://www.nutrition.gov/topics/exercise-and-fitness/exercise-examples-and-videos)

- This session offers an opportunity to invite a physical activity specialist to discuss the content with participants, if available.

### During this session:

- Remind participants that we encourage them to seek clearance for physical activity by a health care provider prior to doing any physical activity associated with the lifestyle change program.
- Remind participants to have a resistance band, two small weights, or two household items to use as weights nearby for the “Build Your Muscles” activity.
- If the session will be conducted in person, bring resistance bands and small weights for participants to use for the “Strengthen Your Muscles” activity.
- If you are able, provide water for participants.

### After this session:

- Communicate with your participants via email, text message, app, or social media to continue the conversation on getting more active. Here are some examples of messages to post:
  - “Since our last session, what small steps have you made to increase your activity? Please share your successes with the group.”
  - “Have you tried tracking any additional details about your activity since our last meeting? If so, did you learn anything from these new details? Share what you have learned.”
- Remind participants they can review the Personal SucceTool module, “Get Active,” which was presented in Module 2:  
[www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html](http://www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html)

# 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
Why be More Active?	Page 6	4 Min
How to be More Active	Page 7	15 Min
Strengthen Your Muscles	Page 10	15 Min
Track More Details About Your Activity	Page 12	10 Min
Plan for Success	Page 15	5 Min
Summary and Closing	Page 17	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.

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:

You’ve been doing a great job being active. Today, we’ll talk about small steps to get even more active. Becoming more active can help you meet your goals for the program. Today, we will talk about:

- Why we should all be more active
- Some ways to be more active
- How to track more details about your activity

You’ll also get a chance to move around a little. You’ll try tracking more details about your activity.

Finally, you will make a new action plan.



Time Estimate: 4 minutes  
Method: Presentation

This part of the session explains why becoming more active is important in reaching activity goals.

## **DISCUSS:**

We've talked about being active before. Why do you think we're talking about being even MORE active?

## **SAY:**

The purpose of adding more activity is to allow you to reach your activity goals for this program.

When starting out, your goal pace should be at least moderate, or medium. Remember that you can use the Talk Test to find out if you're being active at a moderate pace.

## **SAY:**

But here's the thing: Over time, your heart and lungs get into better shape. So, in order to get the same effect on your breathing and stay active at a moderate pace, you need to take small steps to be more active each week.

## **DO:**

Answer questions as needed.



Time Estimate: 15 minutes

Methods: Presentation, Facilitated Discussion

Use Gloria’s story to demonstrate ways to be more active each week and how to get back on track when participants fall out of their routine.

## Gloria’s Story (15 minutes)

### **SAY:**

We’ve discussed why you might need to be more active. Now we’ll talk about some small steps you can take. Let’s look at an example. Please look at “Gloria’s Story—Part 1” on page 2 in the Participant Guide.



For a virtual session, use the screen share feature to display “Gloria’s Story—Part 1” from the Participant Guide for all participants to view.

### **DO:**

Read (or ask a volunteer to read) “Part 1” of the story. Then discuss.

### **ASK:**

What small steps does Gloria take to make her walks more active from Week 1 to Week 3?

### **ANSWER:**

Gloria walks longer, faster, farther, and up steeper hills.

## ASK:

What other small steps could Gloria take to make her walks more active?



For a virtual session, encourage participants to type their responses in the chat window or “raise their hand” in the web conferencing tool.

## ANSWER:

Share the following ideas (if not mentioned by participants):

- Carry small everyday items, like unopened canned vegetables or water bottles
- Push a stroller
- Use 1-pound ankle or hand weights

## DISCUSS:

What happens in Week 3? Can you understand Gloria’s experience?

What other challenges do you face in trying to maintain an activity routine?

What do you think Gloria should do next?

## DO:

Allow time for participants to provide ideas.

## SAY:

It is natural to be busy, fall short of your goals, or become discouraged. The important thing is to get back into your new routine as soon as possible. A setback doesn’t mean the end of your routine. If you missed several days of exercise, you may need to start off at a slower pace to reduce risk of injury, but you should soon be back on track. The longer you wait, the harder it will be, so don’t wait!

Now, please look at “Glorias Story—Part 2” on page 3 in the Participant Guide.



For a virtual session, use the screen share feature to display “Gloria’s Story—Part 2” from the Participant Guide for all participants to view.

**DO:**

Read (or ask a volunteer to read) “Gloria’s Story—Part 2.” Then discuss how Gloria overcame her discouragement and got back to exercising.

**SAY:**

During Week 4, Gloria gets back into her walking routine, and by the end of the week, she starts adding activities to build her muscles, too.

**ASK:**

Why do you think Gloria has added muscle strengthening to her activities?

**ANSWER:**

Muscle burns calories, even at rest. So, the more muscle you build, the better.

**ASK:**

What are some activities you can do to build muscle, even if you don’t have weights or a resistance band?

**ANSWER:**

You can do activities that don’t require any tools, like wall sits, pushups, squats, calf raises, or stair climbing. You could also use small items (like canned goods) as weights.



Time Estimate: 15 minutes  
Methods: Presentation, Activity

This part of the session provides participants with exercises for building their muscles. Use the activity to demonstrate building muscles.

**SAY:**

Please look at “Strengthen Your Muscles” on page 4 in the Participant Guide.



For a virtual session, use the screen share feature to display the “Strengthen Your Muscles” list from the Participant Guide on page 4 for all participants to view.

**SAY:**

Strengthening your muscles is good for you! Look at the benefits listed. Strengthening muscles can (you may not need to read the entire list):

- Reduce the signs and symptoms of many diseases and chronic conditions
- Improve your balance, coordination, and mobility
- Increase your strength, muscle mass, and bone density
- Reduce the risk of falls
- Boost your metabolism
- Improve your mood
- Increase your self-confidence and self-esteem
- Help improve your sleep
- Help you maintain independence in performing activities of daily life

**ASK:**

What benefits stand out as important to you? What other benefits do you think you might get from building muscle?

**SAY:**

It is important, however, to build muscles safely. Take a moment to review the safety tips presented below the list of benefits.

**DO:**

Give participants a moment to review the safety tips. Answer any questions or concerns they may have about building muscles.

**SAY:**

Now, let's try strengthening our muscles. We'll start by warming up.

**DO:**

Tell participants to get out their resistance band or weights. Or, if meeting in person, pass out a resistance band or weights to each participant. Begin with a brief warm-up activity. Then model how to use a resistance band or lift weights the right way.

Lead participants in doing 2 sets of 3 reps with each arm. Keep track of how long they do the activity. Collect the weights. Collect the resistance bands, or let participants keep them.



Provide alternative options for doing this activity at home. Suggest using a robe tie or bungee cord if bands are unavailable. For weights, they can use 1-pound cans of food, books, or other household objects. Clearly explain how to perform the activity by inviting and responding to questions.

**ASK:**

Let's turn back to "Gloria's Story." How does she use water bottles to get more active from Week 4 to Week 5?

**ANSWER:**

Gloria adds them to her daily walks and increases both reps per set and more sets per day.



Time Estimate: 10 minutes

Methods: Presentation, Facilitated Discussion, Demonstration

In this part of the session, participants will learn about tracking more details about their activity so they can figure out if they are getting more active each week.

## **SAY:**

You've been doing a great job tracking your minutes of activity each day. As you know, that's a key part of this program. In order to see if you're getting more active, it's also helpful to track specific details. But it's not a requirement of this program.

Let's try tracking more details right now. Please look at your Activity Log. Let's write down some details about what you did today with the resistance band or weights.

## **DO:**

Help participants record what activity they did and how long they did it. Also help them record their 2 sets of 3 reps. Write the information on a flip chart or whiteboard if you are using one. Answer questions as needed.



For a virtual session, share your screen to show the Activity Log and fill in the "Build Your Muscles" activity from earlier. Have participants respond with the information they might include and guide them to the best answers.

## **ASK:**

Besides your minutes, reps, and sets, what are some other details about your activity that you could track?

## **ANSWER:**

Share the following ideas (if not mentioned by participants):

- Calories burned
- Distance
- Grade of hills (for example low, medium, steep)
- Number of steps
- Speed
- Weight lifted

## **ASK:**

What are some ways you measure your activity? Are there tools you would like to use?

## **ANSWER:**

Share the following ideas (if not mentioned by participants):

- Fitness tracker/heart rate monitor
- Pedometer
- Smartphone app
- Computer app
- Exercise machine (for example, a treadmill)

## **ASK:**

In addition to your Activity Log, what are some ways to record your activity?

## ANSWER:

Share the following ideas (if not mentioned by participants):

- Fitness tracker
- Smartphone app
- Computer app
- Notebook
- Spreadsheet
- Voice recording

## SAY:

Remember, you are only required to write down your minutes of activity for this program. But, to better track your physical activity improvement, you will want to write these details in your Activity Log.

## DO:

If you'd like, show examples of ways to track activity. Show participants how to use them.



Consider sharing examples and tutorials after the session through email or post them to the group's social media page.



Build a sense of community by encouraging participants to share activity goals, exercise and activity resources, and peer support through your group's social media platform. Participants can also use this group to arrange in-person or virtual exercise sessions.



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 getting more 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.
- 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 “Get Active” Personal Success Tool Module link on page 8 in the Participant Guide.

This module was presented after our second session, “Be Active to Prevent T2.” Again, I encourage you all to review this module. It contains suggested physical activities based on your preferences and tailored feedback on your activity level and readiness to change. If you do not have reliable internet access or prefer to use a hard copy, please speak with me about getting a handout as an alternative to the online materials.

## **DO:**

Tell participants to follow the link provided to access the “Get Active” module:

[www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html](http://www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html)



Demonstrate how to navigate to the Personal Success Tool module while sharing your screen.



Time Estimate: 5 minutes

## **SAY:**

Please continue to keep tracking what activities you do each day and how long you do them. I'd like you also to try tracking some other details about your activities for at least 1 week between now and our next session. It will help you see the small steps you are taking to get more active.

For ideas on how to get more active, please look at “Strategies for Increasing Your Activity” on page 7. Revisit “Strengthen Your Muscles” on pages 4–6 in the Participant Guide, if necessary, for more ideas. To keep yourself honest, write down how you will get more active over the next few weeks at the bottom of page 7. Check items off as you do each one.

## **DO:**

Answer questions as needed.

## **SAY:**

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

We talked about:

- The purpose of getting more active
- Some ways to get more active
- How to track more details about your activity

You also got a chance to move around a little. And you tried tracking more details about your activity.

## **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 Notebook and Action Plan Journal to the next session.

End of meeting.