

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Module 6: Be More Active

Participant Guide



Session Focus



This lesson welcomes relatives and friends to join the lesson and/or activities alongside participants. Becoming more active can help you prevent or delay type 2 diabetes.

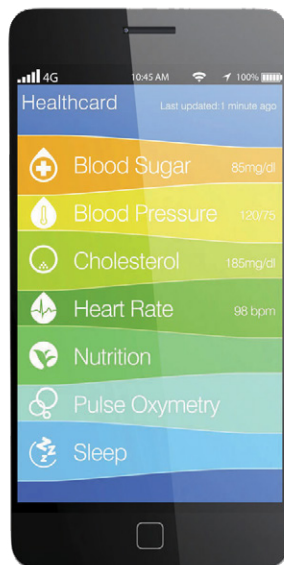
In this session we will talk about:

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

You will also make a new action plan!

Tips:

- ✓ Use the talk test to check if you're working out at a moderate (medium) pace. You should be able to talk, but not sing, through your activity.
- ✓ Try to add a little more activity each week.



How To Be More Active

Gloria's Story—Part 1

Gloria is at risk for type 2 diabetes, so she's trying to be a little more active each week. Her goal is to be active for at least 150 minutes per week at a moderate pace.

Week 1: Gloria decides to walk near her house for about 10 minutes. During the week, she continues to walk on the same path after work on 3 different days.

Week 2: Gloria adds more distance to her walk and invites her daughter to join her. Her timer says the walk took 17 minutes. She walks the longer path on 5 different days.

Week 3: On Monday, Tuesday, and Wednesday, Gloria and her daughter add even more distance to their walk. Gloria's timer shows that the new path took them 21 minutes. Thursday and Friday are busy. By the time she gets home, it's dark outside, and Gloria is too tired to be active. She spends all day Saturday cooking at a family event, and by the evening she has trouble getting motivated to go on her walk. Then on Sunday, she is busy again helping at an important community event. She does not do her normal physical activity that weekend.



How To Be More Active

Gloria's Story—Part 2

Week 4: Gloria decides to walk on her longest path again. Monday is a challenge because she has not walked for a few days. On Tuesday her walk feels easier. By Thursday, she walks her path in 21 minutes again and feels like she is back on track. On Friday, she is feeling great and takes her grandchildren with her. They walk slightly faster than she does but she is safely able to keep up with them. She has exercised every weekday and feels a sense of pride and accomplishment. On Saturday, she carries a small water bottle in each hand to challenge herself. When she returns home, she completes a set of 10 arm raises with her water bottles.



Week 5: Gloria continues her routine on the same path. During the week, she walks her path on 3 different days. On the days she doesn't walk, she adds activities to strengthen her muscles. She does arm raises with her water bottles, completing 2 sets of 15 reps.

These days, Gloria is meeting her activity goals. She notices her clothes feel looser and she is better able to keep up with her grandkids. Her blood sugar is also lower than it was before she started being more active.

Strengthen Your Muscles

There are many reasons to strengthen your muscles. Which benefits are most important to you?

- Reduce the symptoms of many diseases and chronic conditions
- Improve balance, coordination, strength, and mobility, which lowers the risk of falls
- Make bones stronger and increase muscle mass
- Boost metabolism and burn more calories
- Improve sleep
- Relieve stress and improve mood
- Increase self-confidence and self-esteem
- Make daily activities easier

It is important to build muscles safely. Here are important safety tips to remember:

- If you have health concerns, talk to your doctor before starting an activity program.
- Warm up before being active and cool down afterwards.
- Be active at the proper intensity. This means to practice activities at your current level of strength. Use weights that are comfortable—not too heavy and not too light.
- To challenge yourself, try doing reps until it's difficult to complete another repetition without losing proper form or add an extra set after a short break.
- Strength activities should be done in a slow, controlled motion. Don't perform activities too quickly.
- Make sure to breathe as you exercise. Avoid holding your breath.
- If you are not feeling well enough to be active, take a break and see how you feel the next day.
- Wear close-toed shoes that have good support and are not too tight or too loose. Good examples include walking, running, or cross-training sneakers.
- Never wear ankle weights or hold dumbbells while doing aerobic exercises such as biking or jogging.

Definitions:

- ✓ **Rep** (short for repetitions) – how many times in a row an action is performed
- ✓ **Set** – a group of reps

Wall Push-Ups

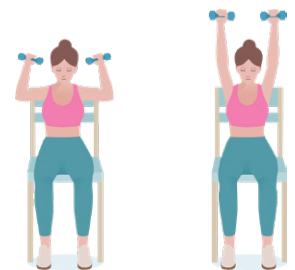
1. Face a wall. Stand a little more than arm's length away. Keep your feet flat on the floor, shoulder width apart.
2. Lean forward. Put your palms flat against the wall at shoulder height and shoulder width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall. Use a slow, controlled motion.
4. Hold the position for 1 second.
5. Breathe out. Slowly push yourself back until your arms are straight.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.



Arm Raises With Weights

Tip: No weights? Try using canned food, bottled water, books, or other objects.

1. Stand or sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder width apart.
2. Hold weights at your sides at shoulder height. Keep your palms facing forward. Breathe in slowly.
3. Slowly breathe out as you raise both arms over your head. Keep your elbows slightly bent. Keep your palms facing forward.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.

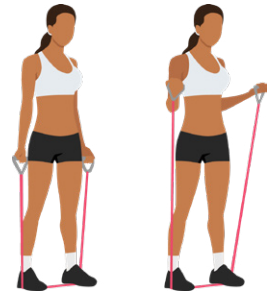


Start with light weights. Work your way up to heavier weights. You can do one arm at a time if that is easier.

Arm Curls With a Resistance Band

Tip: No resistance band? Try using a bungee cord, bathrobe tie, or a different long, stretchy object, or choose a different activity.

1. Stand up or sit in a sturdy armless chair. Keep your feet flat on the floor, shoulder width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight. Slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.



Start with a stretchy band. Work your way up to a less stretchy band.

If your resistance band has a handle, hold on tightly. If the band has no handle, wrap it around your hand to keep it from slipping.

Sources:

National Institute on Aging, “Get Fit For Life: Exercise & Physical Activity for Healthy Aging” (<https://order.nia.nih.gov/sites/default/files/2018-04/nia-exercise-guide.pdf>)

CDC and John Hancock Center for Physical Activity and Nutrition, “Strength Training for Older Adults – Growing Stronger” (https://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf)

Strategies for Increasing Your Activity

- Do bicep curls with a bag of rice or a can of food while you walk in place.
- Do more reps or sets.
- Lift heavier weights.
- Push a stroller while you walk.
- Take more steps per day or per week.
- Walk farther.
- Walk faster.
- Walk longer.
- Walk up steeper hills.
- Participate in an activity-based community event.
- Invite your family or friends to join you.
- Track physical activities you already do (for example: walking a dog, chopping wood, gardening, or caring for livestock).



How will you be more active over the next few weeks?

Week 1: _____

Week 2: _____

Week 3: _____



Plan for Success

Get Active Personal Success Tool Module

This PST module, “Get Active,” contains a quiz, suggested physical activities based on your preferences, and tailored feedback on your activity level and readiness to change. Use the provided link to revisit this PST module. If you do not have reliable internet access or prefer to use a hard copy, please speak with your Lifestyle Coach about getting a handout as an alternative to the online materials.



Walk. Run. Bike. Dance.
It's time to get active!

Are you active already? Are you starting out for the first time? Whatever form of physical activity you choose, remember that it's OK to start small. Because small steps over time lead to big changes.

Let's get moving!

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

Thank You!