



# Module 12: Stay Active To Prevent Type 2

## Lifestyle Coach Guide



# Module Overview

Staying active over the long term can help prevent or delay type 2 diabetes. This module helps participants understand how to overcome some challenges of staying active.

## Participant Learning Objectives

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

- Identify some benefits of staying active
- Identify some challenges of staying active and ways to overcome them
- Reflect on how far they've come since they started this program

## Things to Do

In addition to the Session Checklist, you will also 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 staying active to prevent type 2 diabetes. Here are some sample messages you can send to participants for this module:
  - 1 Week Prior: “During our next session, we’ll discuss the benefits of staying active. We’ll also discuss the challenges of staying active and how to overcome them. Please remember to have your activity logs available and completed. Stay active, everyone. You can do it!”
  - 1 to 2 Days Prior: “Our next session on staying active to prevent type 2 diabetes is almost here! Please remember to have your activity logs available and completed. Start thinking about the benefits of staying active and how you can overcome any challenges.”
- If applicable, set up the appropriate number of virtual breakout rooms in your web conferencing tool so that there will be two to three participants per group for the “Look How Far You’ve Come” group activity.

## After this session:

- Communicate with your participants via email, text message, app, or social media to continue the conversation on staying active to prevent type 2 diabetes. Here are some examples of messages to post:
  - “What new activity have you started? Share your inspiration with the group.”
  - “What strategies have you used to reach your activity goal this week?”

# 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
Staying Active To Prevent T2	Page 6	14 Min
How To Overcome Challenges	Page 8	15 Min
Look How Far You've Come!	Page 11	15 Min
Plan for Success	Page 13	5 Min
Summary and Closing	Page 14	5 Min

# Welcome and Review



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 staying active over the long term.

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 participants to view.

## **SAY:**

Staying active over the long term can help you prevent or delay type 2 diabetes. Today, we will talk about:

- Some benefits of staying active
- Some challenges of staying active and ways to overcome them
- How far you’ve come since you started this program

Finally, you will make a new action plan.



Time Estimate: 14 minutes

Methods: Presentation, Facilitated Discussion

This part of the session helps participants understand how staying active over the long term can help prevent or delay type 2 diabetes. The first part of Tom’s story focuses on the benefits of staying active.

## Tom’s Story—Part 1 (14 minutes)

### **SAY:**

We’ll start by talking about some benefits of staying active over the long term. Let’s look at an example. Please look at “Tom’s Story—Part 1” on page 2 in the Participant Guide.



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

### **DO:**

Read (or ask a volunteer to read) the story.

### **SAY:**

So, Tom has reached his weight and activity goals. His blood sugar is in the normal range now and he has lowered his risk for type 2 diabetes.

### **ASK:**

Besides eating well, what can Tom do to hold on to these gains? How can he keep off the weight he’s lost and keep his blood sugar levels normal?

### **ANSWER:**

He can stay active.

**SAY:**

Staying active has other benefits.

**DISCUSS:**

What are some other benefits of staying active?

**DO:**

Share the following (if not mentioned by participants):

- Better sleep and mood
- Improved balance and flexibility
- Lower blood pressure and cholesterol
- Lower risk of heart attack and stroke
- Lower stress levels
- More energy
- Stronger muscles

**DISCUSS:**

What benefits of being more active have you experienced? Why do you want to stay active?



Time Estimate: 15 minutes  
Methods: Presentation, Facilitated Discussion

In this part of the session, use the second part of Tom’s story to introduce ways to overcome or succeed in the face of challenges when trying to stay active.

## Tom’s Story—Part 2 (5 minutes)

### **SAY:**

We will be talking about some challenges you may face when trying to stay active and how to overcome them. It can be challenging to get active. But staying active over the long term can also be challenging. Life events may get in your way. And you may feel less motivated over time. As a result, you may find yourself going back to old habits.

Let’s check back in with Tom. Please look at “Tom’s Story—Part 2” on page 3 in the Participant Guide.



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

### **DO:**

Read (or ask a volunteer to read) “Tom’s Story—Part 2.”

### **ASK:**

What makes it challenging for Tom to stay active?

## ANSWER:

Since his wife started going to night classes, it's hard for Tom to find time to be active because he has taken over two additional nights of the week to prepare dinner for the family. Also, he's met his weight loss goal, so he feels less motivated.

## DISCUSS:

What might make it challenging for you to stay active over the long term?



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

## Overcoming Challenges (10 minutes)

## SAY:

Please look at “Overcoming Challenges” on page 4 in the Participant Guide. Here are some sample challenges and examples and ways to be successful.



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

## DISCUSS:

What are some other ways to be successful when facing these challenges?



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

## DO:

Encourage participants to write their ideas in the “Other Ways to Succeed” column.

Share the following (if not mentioned by participants):

- **I feel less motivated.**
  - Plan ahead.
  - Keep it fun.
- **I have less time due to life changes.**
  - Walk to get places.
  - Engage others.
- **I don't have enough money.**
  - Do free activities.
  - Buy workout clothes and supplies on sale or secondhand.
- **The weather is making it hard to do physical activities outdoors.**
  - Dress for the weather.
  - Do physical activities indoors.
- **I'm injured.**
  - Find another way to be active.
  - Get more active over time.

## SAY:

Whenever you are facing a challenge with staying active, be sure to turn to this page to see examples of how you can overcome them and stick to your healthy habit.



Time Estimate: 15 minutes

Methods: Presentation, Facilitated Discussion, Group Activity

Participants will engage in a group activity to reflect on their personal experiences with staying active.

## **SAY:**

Let's wrap up by looking at how far you've come with your activity since you started this program. Please look at "Look How Far You've Come!" on page 8 in the Participant Guide.



For a virtual session, use the screen share feature to display "Look How Far You've Come!" from the Participant Guide for all participants to view.

## **SAY:**

You will be placed into groups to discuss your experience with staying active.

## **DO:**

Review the directions for this activity as stated in the Participant Guide. Each group will be discussing the following questions:

- What types of activity did you do when you first started this program? What types of activity do you do now?
- How many minutes a day were you active when you first started this program? How many minutes a day are you active now?
- How did you feel about being active when you first started this program? How do you feel about being active now?



If dividing participants into small groups is not possible for a virtual session, conduct the activity as a whole group.

## **DO:**

Share group assignments and begin small group meetings. Give participants an exact time to meet back as a whole group. Join one or more group sessions to facilitate discussion.

When groups have completed the activity, have a volunteer from each group give a brief overview of what was discussed within their group.

## **SAY:**

Some of you have reached your physical activity goal. Some of you are still working toward it. That's fine. The important thing is that you make staying active part of your normal routine. When you form a habit and stick to it, it will become a part of your natural routine.



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 staying 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.



Time Estimate: 5 minutes

## **SAY:**

Between now and the next session, please continue completing “Overcoming Challenges” on page 4 in the Participant Guide. Write your own ideas in the column labeled “Other Ways to Succeed.” Check off each idea you try.

I’d also like you to complete “How Will I Stay Active” on page 9. Think about why you want to stay active over the long term. Also think about the challenges you might face, and how you will overcome them. You can use “Tips for Staying Active Every Day” on pages 10 and 11 for ideas.

## **DO:**

Answer questions as needed.

## **SAY:**

We have come to the end of our meeting. Today, we discussed staying active over the long term. We talked about:

- Some benefits of staying active
- Some challenges of staying active and ways to overcome them
- How far you’ve come since you started this program

## **DISCUSS:**

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.