



Module 12: Stay Active To Prevent Type 2

Participant Guide



Session Focus



Staying active over the long term can help you prevent or delay type 2 diabetes.

In this session, 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



You will also make a new action plan!

Tips:

- ✓ Know your “why.” Remind yourself every day why you want to stay active. Ask friends and family to remind you too.
- ✓ Reward yourself. Give yourself small, non-food rewards for meeting your physical activity goals. Ask family and friends to support you.



Staying Active To Prevent T2

Tom's Story—Part 1

Tom is at risk for type 2 diabetes. His doctor asked him to lose 20 pounds and aim for at least 150 minutes of activity each week. He tries to meet this goal by walking for 30 minutes 3 days a week and exercising at the basketball court for 30 minutes 2 days a week. With a lot of hard work, Tom reached his weight and activity goals. His blood sugar levels are in the normal range now. And his doctor says he's lowered his risk for type 2 diabetes. Tom's doctor tells him to keep up the good work and reminds him of some of the benefits of staying active:



- 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

How To Overcome Challenges

Tom's Story—Part 2

But as time goes on, Tom's schedule gets busier. His wife starts going to night classes. So, in addition to preparing dinner on his scheduled days for the family, he needs to prepare dinner two additional days of the week.

Tom now goes to the grocery store during his lunch break. As a result, he no longer has time to be active during lunch.

It's hard for Tom to find time to be active. Plus, he's met his weight loss goal, so he feels less motivated. His physical activity routine is slipping.

Tom decides to make a new schedule for being active. He does physical activities with his kids. He gives himself small, non-food rewards for meeting his movement goals. And he asks his kids to pitch in more with preparing meals and other chores around the house, so he has more time to be active.

Tom's physical activity routine is now more fun since his kids like to participate too. He plans to stay active for many years. He wants to be healthy and his family to be healthy too. Plus, he likes how he feels when he's active.

How To Overcome Challenges

Challenges	Ways To Succeed	Other Ways To Succeed
I have less time due to life changes.	<ul style="list-style-type: none"><li data-bbox="456 394 899 579"><input type="checkbox"/> Work out while you get things done. Move briskly while you sweep the floor, mow the lawn, shop, or walk your dog.<li data-bbox="456 600 899 827"><input type="checkbox"/> Make screen time active time. Lift weights, try balance or flexibility activities, or walk in place while you watch TV or videos.<li data-bbox="456 848 899 961"><input type="checkbox"/> Stay in touch. Take a walk with a friend. Or talk on your phone while you walk.<li data-bbox="456 982 899 1352"><input type="checkbox"/> Develop plans to safely build physical activity into your commute. Can you walk safely to work or the store? Are you able to park in a more distant part of the lot? Consider taking the stairs instead of the elevator. Get off the bus one stop early.<li data-bbox="456 1373 899 1667"><input type="checkbox"/> Divide and conquer. Instead of trying to set aside a large amount of time to be active, take a few moments throughout the day for active bursts. Aim for 10-minute chunks 2-3 times a day.<li data-bbox="456 1688 899 1877"><input type="checkbox"/> Engage others. Ask family members, friends, or colleagues to help with daily tasks so you have more time to be active.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

How To Overcome Challenges

Challenges	Ways To Succeed	Other Ways To Succeed
<p>I don't have enough money.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Do free activities like walking, dancing, and using household items, like canned food or water bottles, as weights. <input type="checkbox"/> Buy workout clothes and supplies on sale or secondhand. <input type="checkbox"/> Look for free exercise classes at your community fitness center. <input type="checkbox"/> Look for exercise videos online and at the library. <input type="checkbox"/> Download free exercise apps. <input type="checkbox"/> Ask about low-cost programs at the gym. 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>The weather is making it hard to do physical activities outdoors.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Dress for the weather. <input type="checkbox"/> Do physical activities indoors. <input type="checkbox"/> Walk, jog, or do jumping jacks in place. <input type="checkbox"/> Climb up and down the stairs a couple of times. <input type="checkbox"/> Try another way to be active, like swimming. <input type="checkbox"/> Lift weights or heavier household items like cans of food or bottles of water. Play a game that gets your heart pumping with your friends, partner, children, grandchildren, or pets. 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

How To Overcome Challenges

Challenges	Ways To Succeed	Other Ways To Succeed
I'm injured.	<ul style="list-style-type: none"><input type="checkbox"/> Ask your health care provider how to treat the injury. For instance, you may need to rest and ice the area.<input type="checkbox"/> Find another way to be active. For example, if your foot hurts, you may still be able to swim.<input type="checkbox"/> Use splints and supports, as needed.<input type="checkbox"/> Get more active over time to avoid injury.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Add Your Own <hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Look How Far You've Come!

Directions: In small groups, either in person or virtually, you will discuss 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?



In the space provided, write down takeaways you have from your group discussion. Following this activity, a volunteer will use these takeaways to share with the whole group.

Takeaways:

Whole Group Takeaways:

How Will I Stay Active?



Why do you want to stay active over the long term?

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

How will you overcome those challenges?

Tips for Staying Active Every Day



Small steps can help you stay active every day. Check off the ideas you want to try. Then try them! See how it goes.

Be Active When You Can

- At work, stretch and move around every 30 minutes.
- Get off the bus a stop early and walk.
- Go for a half-hour walk instead of watching TV.
- Go up hills instead of around them.
- Make a Saturday morning walk a habit.
- Park farther from the store and walk.
- Include being active in your weekend plans.
- Take a walk after dinner.
- Take a walk during your work breaks.
- Take the stairs instead of the elevator.
- Take your dog on longer walks.
- Walk briskly while doing errands.
- Walk or ride a bike to the store.
- Walk your children to school.

Tips for Staying Active Every Day

Move More at Home

- Fix things around your home.
- Do yard work, like mowing your lawn with a push mower.
- Chop firewood for yourself or others.
- Rake your lawn.
- Shovel snow.
- Sweep, mop, or vacuum your floor.
- Wash your car by hand.
- Hang up your laundry on a clothesline to dry.

Live Actively

- Avoid devices that do work for you, such as electric mixers.
- Choose activities that you enjoy and that fit into your daily life.
- Dance to music—alone or with someone else.
- Give yourself a small, non-food reward for meeting your physical activity goals.
- Walk around instead of sitting still at your children's sports events.
- Join a walking or hiking group.
- Lift weights or use resistance bands while you watch TV or videos.
- Walk in place while you watch TV.
- Play sports like basketball, lacrosse, or archery with your kids or grandkids.
- Try new physical activities.
- Use an exercise app on your phone or computer.
- Use an exercise video.
- Be active at community events, such as joining a dance at a powwow.
- Be active with your kids or grandkids at a park or recreation area.
- Ask your friends or family to do a physical activity with you during your social time.
- Volunteer to help with active tasks at community events.
- Use equipment like a bike, scooter, or skateboard to be active.