



Module 18: Take a Moment to Move

Participant Guide



Session Focus



In this session, we will talk about:

- The link between inactivity and type 2 diabetes
- Some challenges of taking time to move and ways to overcome them

You will also make a new action plan!

Tips:

- ✓ Keep track of how much time you are inactive each day.
- ✓ Try to spend 3 minutes of each 30-minute period moving.





Sherri's Story

Sherri is at risk for type 2 diabetes. Her doctor asks her to be active for at least 150 minutes a week at a moderate pace or more. Over time, she reaches that goal.

Sherri's doctor then asks her to start tracking the time she spends inactive. Here's what she finds.

In the morning, Sherri sits while taking the bus to work. She spends most of the workday sitting at her desk, using the computer. Sometimes she talks on the phone or has a meeting—also sitting. She works during lunchtime and eats her lunch either at her desk or while sitting at a table in the staff room. After work, she takes the bus home. Later that evening, she works on her beadwork while sitting at the dinner table.



When Sherri adds up all that time, she is surprised! She learned that she sits still for about 12 out of the 16 hours that she's awake. So even though she gets her 150 minutes of activity a week, Sherri spends a lot of time sitting still.

Sherri decides to act. At first, adding 3 minutes of movement every 30 minutes in addition to getting her regular 150 minutes of activity each week felt overwhelming. So, she began taking small steps to reach her 3-minute movement goals. To start, Sherri decided to stand up during her bus rides.

Once this became routine, Sherri began adding in movement at work. She started with 3 minutes of movement every couple of hours and has now worked up to moving for 3 minutes every hour. Sherri is using a timer on her phone to remind herself to move for 3 minutes. She also walks around her office while she talks on the phone and sits on an exercise ball while working at her desk. Sherri feels better and is working toward her goal of taking 3 minutes to move every 30 minutes.

How To Overcome Challenges

It can be challenging to take time to move. Here are some common challenges and ways to overcome them. Write your own ideas in the column that says “Other Ways To Stay Motivated.” Check off each idea you try.

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
I don't have time for movement breaks.	<p>Start a habit to include movement:</p> <ul style="list-style-type: none"><input type="checkbox"/> Make movement a part of your lunch routine.<input type="checkbox"/> Instead of sitting down after dinner, take a moment to move.<input type="checkbox"/> Stand up and move after long work meetings. <p>While you travel:</p> <ul style="list-style-type: none"><input type="checkbox"/> When driving, stop at each rest stop to get out and move.<input type="checkbox"/> If you're a passenger, be active while you ride. Do leg lifts, use a resistance band, or tighten and relax your muscles.<input type="checkbox"/> When taking a bus or train, stand up instead of sitting.	<p>Start a habit to include movement:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>While you travel:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

How To Overcome Challenges

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
<p>I don't have time for movement breaks.</p>	<p>While you watch TV or videos:</p> <ul style="list-style-type: none"><input type="checkbox"/> Dance.<input type="checkbox"/> Do wall push-ups.<input type="checkbox"/> Lift weights, water bottles, or canned food items.<input type="checkbox"/> Use resistance bands, bungee cords, or old stretchy cloth, like leggings.<input type="checkbox"/> Walk or jog in place.<input type="checkbox"/> Stretch or do Yoga poses.<input type="checkbox"/> Walk around during commercial breaks, show intros, and end credits. <p>While you use a computer:</p> <ul style="list-style-type: none"><input type="checkbox"/> Sit on an exercise ball.<input type="checkbox"/> Stand up. Make sure the computer is at a comfortable height.	<p>While you watch TV or videos:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>While you use a computer:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

How To Overcome Challenges

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
<p>I don't have time for movement breaks.</p>	<p>While you talk on the phone:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Step side-to-side. <input type="checkbox"/> Walk in place. <input type="checkbox"/> Walk around. <input type="checkbox"/> Try balance poses. <p>At work (if you have a desk job)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask your coworkers to hold stand-up meetings. <input type="checkbox"/> Take the stairs instead of the elevator. <input type="checkbox"/> Talk to coworkers in person instead of emailing them. <input type="checkbox"/> Use a copy machine on the other side of the building. <input type="checkbox"/> During your break, go outside for some fresh air. 	<p>While you talk on the phone:</p> <hr/> <hr/> <hr/> <p>At work (if you have a desk job)</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

How To Overcome Challenges

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
I forget to take movement breaks.	<ul style="list-style-type: none"><input type="checkbox"/> Ask your friends or family to join in and/or help you remember.<input type="checkbox"/> Post a note in a place where you'll see it.<input type="checkbox"/> Set a timer.<input type="checkbox"/> Use a phone or computer app that reminds you.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Add your own:		
Add your own:		
Add your own:		