



# Module 23: Stay Active Away From Home

## Lifestyle Coach Guide



# Module Overview

Staying active away from home can help prevent or delay type 2 diabetes. This module explains how participants can stay on track with their activity goal when they travel for work or pleasure.

## Participant Learning Objectives

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

- Identify ways to overcome the challenges of staying active away from home

## 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 text message, email, app, or social media to prepare and motivate them for this upcoming session on staying active away from home. Here are some sample messages you can send out to participants for this module:
  - 1 Week Prior: “Our next session on staying active away from home is in one week. It will be an informative session, and you will leave with some great strategies to try on your next trip!”
  - 1 to 2 Days Prior: “Our next session on staying active away from home is almost here! Have you found a great resource for staying active? Be ready to tell the group about it! Remember to have your Participant Guide on hand. See you soon!”

### After this session:

- Communicate with your participants via text message, email, app, or social media group to continue the conversation on how to stay active away from home. Here are some examples of messages to post:
  - “Since our last session, have you had an opportunity to travel and be active away from home? Have you faced any challenges? Please share your wins and challenges with the group.”
  - “Have you found a new way to stay active away from home, such as a YouTube workout or a yoga app? Please share what you find with the group!”

# 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 3	5 Min
Session Focus	Page 4	1 Min
How To Overcome Challenges	Page 5	44 Min
Plan for Success	Page 8	5 Min
Summary and Closing	Page 9	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 away from home.

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 when you’re away from home can help you prevent or delay type 2 diabetes. Today, we will talk about some challenges to staying active away from home and ways to overcome them. You will also make a new action plan.



Time Estimate: 44 minutes  
Methods: Presentation, Facilitated Discussion

In this part of the session, participants will explore ways to overcome the challenges of staying active away from home.

**SAY:**

Whether you travel for work or for pleasure, it can be challenging to stay on track with your activity goal when you're away from home.

## Sherry's Story—Part 1 (25 minutes)

**SAY:**

Let's look at an example. Please turn to "Sherry's Story—Part 1" on page 2 in the Participant Guide.

**DO:**

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



For a virtual session, use the screen share feature to display "Sherry's Story—Part 1" from the Participant Guide for participants to view.

**SAY:**

Now let's talk about some challenges of staying active away from home.

## DISCUSS:

What makes it hard for you to stay active when you're away from home? Write your response on page 3 in your Participant Guide.

## DO:

Encourage participants to share their responses.



For a virtual session, encourage participants to type their ideas in the chat window or use a virtual whiteboard tool to record and display everyone's suggestions.

## SAY:

Now, let's brainstorm ways to overcome these challenges. How have you been successful at staying active while away from home? Write your response on page 3 in your Participant Guide.

## DO:

Encourage participants to share their responses.



For a virtual session, encourage participants to type their ideas in the chat window or use a virtual whiteboard tool to record and display everyone's suggestions.

## Sherry's Story—Part 2 (19 minutes)

## SAY:

Please look at "Sherry's Story—Part 2" on page 4 of your Participant Guide.



For a virtual session, use the screen share feature to display "Sherry's Story—Part 2" from the Participant Guide for participants to view.

**DO:**

Read (or ask a volunteer to read) the conclusion of Sherry's story.

**DISCUSS:**

Sherry found creative ways to keep her active routine while away from home.

You've also worked hard to build new routines to stay active. Have you found any resources that help?

**DO:**

Encourage participants to share activity resources that can be used while away from home, such as music or video playlists, or tips and suggestions for overcoming challenges and maintaining routines or building habits.

Remind them to bring their Activity Logs whenever they travel so they can keep tracking.



Continue to foster a sense of community by encouraging participants to share activity resources through your group's social media platform.



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 away from home. You might have to temporarily adapt your activity routine to a new setting.

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 plans.



Time Estimate: 5 minutes

## **SAY:**

The key takeaway from today’s session is that you can still be active away from home. You just need to be a little creative! And even if you do get off track with your activity goal, it’s not the end of the world. The important thing is to get back on track and prevent similar problems in the future.

Between now and the next session, complete the “Common Challenges” chart on pages 4–6 in your Participant Guide. Write down your own ideas and check off each idea you try.

Then, at the bottom of the chart there is space for you to write your own personal challenges and some ways you’ve found to overcome them.

## **DO:**

Answer questions as needed.

## **SAY:**

We’ve come to the end of our meeting. Today, we talked about how you can still be active even if you are away from home. We’ve also discussed how to identify challenges and ways to overcome them.

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

End of meeting.