



# Module 23: Stay Active Away From Home

## Participant Guide



# Session Focus



Staying active away from home can help you prevent or delay type 2 diabetes.

**In this session, we will talk about:**

- Ways to overcome the challenges of staying active away from home

**You will also make a new action plan!**

**Tips:**

- ✓ While traveling, if you're a passenger, do calf raises or triceps pushes.
- ✓ Be active in ways that don't require equipment (walk, dance, do wall push-ups, use stairs, use a fitness app or videos, or try new activities).
- ✓ Enjoy a different environment while being active (walk, bike, hike, swim, paddle, go sledding, etc.).

# How To Overcome Challenges



## Sherry's Story—Part 1

Sherry is at risk for type 2 diabetes. To stay active, she takes a 30-minute walk with her dog each morning. She also practices dancing at home after dinner three nights a week for about 45 minutes. She's meeting her goal of being active at a moderate pace for at least 150 minutes each week.

Sherry and her spouse are planning to visit some friends for several days. It's a 6-hour drive, which means a lot of sitting. It also means Sherry won't be able to walk with her dog or practice her dances. She's worried that she won't reach her activity goal that week.



# How To Overcome Challenges

## Sherry's Story—Part 2

Sherry gets creative with ways to stay active during the drive. She and her spouse plan their trip so that they can take a 10- to 15-minute activity break every couple of hours. They get out of the car, stretch, and walk around at each stop. Sherry likes to do a few push-ups against the vehicle and lunges on these stops. They also take turns driving, so each of them can do some physical activities as a passenger.

After they arrive, Sherry tells her friends that she is being active to prevent type 2 diabetes and invites them to join her. Sherry and her friend, Ann, take a walk each day. It's a great way to explore the area.

Ann suggests going out in a canoe. Sherry has never canoed before, but she gives it a try. She ends up loving it!

Sherry has no trouble reaching her activity goal that week. She's glad to know she can stay active away from home.

## Common Challenges

It can be challenging to stay active away from home. Here are some common challenges and ways to overcome them. Write your own ideas in the "Other Ways To Overcome" column. Check off each idea you try.

Challenges	Ways To Overcome	Other Ways To Overcome
<b>I'm too busy trying to see all the places I planned to visit.</b>	<input type="checkbox"/> Be active while visiting different places (walk, bike, hike, swim, paddle, go sledding, etc.).	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

# How To Overcome Challenges

Challenges	Ways To Overcome	Other Ways To Overcome
I want to use my time to visit friends or family.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Tell them that you are being active to prevent type 2 diabetes.</li> <li><input type="checkbox"/> Look for activities that they can do with you. Invite them to join you.</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I have to travel a long way, which means a lot of sitting.	<ul style="list-style-type: none"> <li><input type="checkbox"/> If you're a passenger, do leg lifts while you ride.</li> <li><input type="checkbox"/> Take public transportation, like a bus or train if it is available. You'll be able to walk around a bit and can stand and move a little while you travel.</li> <li><input type="checkbox"/> If you travel by car, make time for a 10- to 15-minute activity every 2 hours.</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I don't know my way around.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use walking as a chance to get to know the area.</li> <li><input type="checkbox"/> Use a map and visit safe places.</li> <li><input type="checkbox"/> Ask local people for physical activity and location suggestions.</li> <li><input type="checkbox"/> Find maps and route ideas online.</li> <li><input type="checkbox"/> If you have a smartphone, practice using map features and apps.</li> <li><input type="checkbox"/> Walk around a local shopping center.</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

# How To Overcome Challenges

Challenges	Ways To Overcome	Other Ways To Overcome
<b>I can't use my fitness center.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Find out if there's a local fitness center you can use.</li> <li><input type="checkbox"/> Pack a resistance band or bungee cord.</li> <li><input type="checkbox"/> Rent a bike or ask to borrow a bike from someone you know.</li> <li><input type="checkbox"/> Stay at a hotel that has a fitness center or pool.</li> <li><input type="checkbox"/> Do physical activities that don't rely on equipment (walk, dance, do wall push-ups, use stairs, or use a fitness app).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<b>I don't have my workout partner.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask someone else to be active with you.</li> <li><input type="checkbox"/> Be active by yourself.</li> <li><input type="checkbox"/> Join an online physical activity group.</li> <li><input type="checkbox"/> Contact your workout partner for support.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<b>Personal Challenges</b>	<b>Ways To Overcome Personal Challenges</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>	