



# Participant Guide

Get Active to Prevent T2



## Session Focus

Getting active can help you prevent or delay type 2 diabetes.

### This session we will talk about:

- Some benefits of getting active
- Some ways to get active

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



#### Tips:

- ✓ Try to be a little more active this week.
- ✓ Try lots of different activities. You're sure to find at least one that you enjoy.





## Teo's Story

Teo is at risk for type 2 diabetes. His doctor urges him to lose 20 pounds and work up to at least 150 minutes of activity each week.

Teo and his wife have five children. The kids all play sports, and he spends a lot of time driving them to events.

Teo also works full time. On weekends, he works a second, part-time job. When he has some free time, he likes to watch basketball on TV, but he rarely plays it. He spends a lot of time sitting.



Teo finds some ways to get active:

- He walks on the sidelines during his children's sports events.
- He also walks with a friend during his lunch break each day.
- He plays basketball with his kids instead of watching it on TV.
- He takes the stairs instead of the elevator.

Teo gets more active over time. These days, he's active for at least 150 minutes a week. His weight is going down. And his blood sugar is lower. He sleeps better than ever. Plus, he has more energy than he did before he got active.





## Ways to Get Active

There are so many great ways to get active. You're sure to find at least one that you enjoy. Here are just a few ideas.

1. After you read six pages of a book, get up and move a little.
2. Dance to your favorite music.
3. Pace the sidelines at your children's or grandchildren's sports events.
4. Play actively with your children or pets for 15 to 30 minutes a day.
5. Replace Sunday drives with Sunday walks.
6. Run or walk fast when you do errands.
7. Start a new active hobby, such as biking or hiking.
8. Take a walk after dinner with your family or by yourself.
9. Track your steps with a pedometer. Work up to 10,000 steps or more a day.
10. Walk around whenever you talk on the phone.
11. Walk briskly when you shop.
12. Walk up and down escalators instead of just riding them.
13. Walk your dog each day.
14. When you watch TV, stand up and move during the ads, or do chores.

How do you plan to get active?

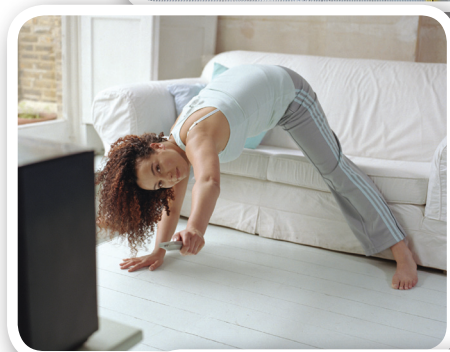
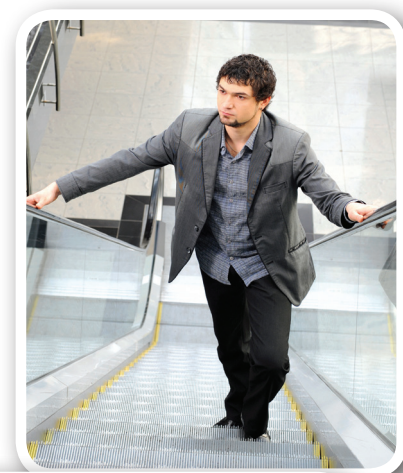
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**Source:** American College of Sports Medicine (<https://www.acsm.org/docs/brochures/reducing-sedentary-behaviors-sitting-less-and-moving-more.pdf>) and Heart Foundation (<https://heartfoundation.org.au/images/uploads/publications/PA-Sitting-Less-Adults.pdf>)





## Are You Ready to Get Active?

Check off any statement that is true for you. If you check off one or more items, make sure to see your healthcare provider **BEFORE** you get active.

- ☐ I am over 50, and I haven't been active in a long time. I am planning to be very active.
- ☐ I am pregnant. My healthcare provider hasn't given me the OK to get active.
- ☐ I get very out of breath when I am even slightly active.
- ☐ I have a health problem or other issue not listed here that might need attention if I get active.
- ☐ I have a heart problem. My healthcare provider wants to keep an eye on my activity.
- ☐ I have bone or joint problems that make it hard for me to do things like fast walking.
- ☐ I have chest pain that started within the last month.
- ☐ I tend to pass out or fall down when I get dizzy.
- ☐ During or right after a workout, I often have pain or pressure in my neck, left shoulder, or arm.
- ☐ My healthcare provider wants me to take medicine for high blood pressure or a heart problem.



**Source:** American Heart Association ([http://www.heart.org/idc/groups/heart-public/@wcm/@mwa/documents/downloadable/ucm\\_432990.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@mwa/documents/downloadable/ucm_432990.pdf))



## Be Active, Be Safe

If you get hurt, you may need to take a break from being active. So follow these tips to work out safely.

1. Ask your healthcare provider if you are ready to be active. (See “Are You Ready to Get Active?” on page 5.)
2. Dress for the activity. Wear the right shoes and clothes. Use safety gear as needed.
3. Drink water before, during, and after your workout, even if you don’t feel thirsty.
4. Listen to your body. Slow down or stop if you feel very tired, sick, or faint, or your joints hurt.
5. Mix it up. Do a variety of activities. That way you won’t strain any one part of your body.
6. Start small. If you train too hard or too often, you may get hurt. Try to make slow, steady progress over time.
7. Warm up before you work out. Cool down after you work out. Take 5 to 10 minutes for each.
8. Watch out. Take care not to trip or bump into anything.
9. Work with the weather. Work out indoors if it’s too hot or too cold. If you get too hot, you may get a headache or a fast heartbeat. You may feel dizzy, sick to your stomach, or faint.
10. Use good form when strength training.



**Source:** National Institute of Aging/National Institutes of Health: Staying Safe During Exercise and Physical Activity (<https://go4life.nia.nih.gov/sites/default/files/StayingSafe.pdf>)  
Harvard Health Publications (<http://www.health.harvard.edu/healthbeat/10-tips-for-exercising-safely>)



## How to Cope With Challenges

It can be challenging to get active. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
<b>It's too hot, cold, or wet outside.</b>	<input type="checkbox"/> Work out indoors. <input type="checkbox"/> Dress for the weather. <input type="checkbox"/> Swim in hot weather.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>I don't have time.</b>	<p><b>To fit fitness in <u>anytime</u>:</b></p> <input type="checkbox"/> Break your 150 minutes into smaller chunks. <input type="checkbox"/> Park your car farther away from the place you want to go. <input type="checkbox"/> Get off the bus or train one stop early. Walk the rest of the way. <input type="checkbox"/> Take stairs instead of elevator. <input type="checkbox"/> Use a fitness app.  <p><b>To fit in fitness at <u>home</u>:</b></p> <input type="checkbox"/> Walk your dog briskly. <input type="checkbox"/> Sweep or mop your floor briskly. <input type="checkbox"/> Wash your car briskly. <input type="checkbox"/> Stretch, do sit-ups, or pedal a stationary bike while you watch TV. <input type="checkbox"/> Mow your lawn with a push mower. Or rake leaves. <input type="checkbox"/> Plant and care for a vegetable or flower garden.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____  <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____





## How to Cope With Challenges

Challenge	Ways to Cope	Other Ways to Cope
<b>I don't have time.</b>	<p><b>To fit in fitness at work:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a brisk walk during your coffee or lunch break. Ask a friend to go with you.</li> <li><input type="checkbox"/> Take part in an exercise program at work.</li> <li><input type="checkbox"/> Join a nearby gym. Stop off before or after work, or during your lunch break.</li> <li><input type="checkbox"/> Join the office softball team or walking group.</li> <li><input type="checkbox"/> Use a copy machine on the other side of the building.</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> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<b>I don't have child care.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be active with your kids.</li> <li><input type="checkbox"/> Swap child care with a friend.</li> <li><input type="checkbox"/> Ask friends or family to help out.</li> <li><input type="checkbox"/> Use gym child care.</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> </ul>
<b>I don't have a car.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Work out in your own home or area.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<b>I feel embarrassed.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Work out in your own home.</li> <li><input type="checkbox"/> Work out with a friend.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<b>My area is not safe.</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Work out in your own home.</li> <li><input type="checkbox"/> Work out at a gym or community center.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>



## How to Cope With Challenges

Challenge	Ways to Cope	Other Ways to Cope
<b>It costs too much.</b>	<input type="checkbox"/> Do free activities like walking. <input type="checkbox"/> Buy workout clothes and equipment on sale. <input type="checkbox"/> Look for free fitness classes at your library or community center.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>It's boring.</b>	<input type="checkbox"/> Dance. <input type="checkbox"/> Play with your kids. <input type="checkbox"/> Work out with a friend. <input type="checkbox"/> Use a fitness app. <input type="checkbox"/> Listen to music, watch TV, or talk on the phone while you are active. <input type="checkbox"/> Keep trying new things until you find something you like.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>It's painful or tiring.</b>	<input type="checkbox"/> Ask your healthcare provider what ways to get active are right for you. <input type="checkbox"/> Work out safely (see next handout). <input type="checkbox"/> Work out at the time of day when you have the most energy. <input type="checkbox"/> Walk slowly or swim. <input type="checkbox"/> Do yoga or Tai Chi.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>It messes up my hair.</b>	<input type="checkbox"/> Work out in a cool place. <input type="checkbox"/> Try new hair products and styles.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



# Participant Guide

Get More Active





## Session Focus

Getting more active can help you prevent or delay type 2 diabetes.

### This session we will talk about:

- The purpose of getting more active
- Some ways to get more active
- How to track more details about your fitness

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



#### Tips:

- ✓ To make sure you're working out at a moderate pace, use the Talk Test. That means you can talk, but not sing, through your activity.
- ✓ Try to get a little more active each week.





## Olga's Story

Olga is at risk for type 2 diabetes. So she's trying to get a little more active each week. Her goal is to be active for at least 150 minutes per week, at a moderate pace.

**Week 1.** Olga takes a gentle stroll around the block. It takes her about 10 minutes. She does this for 3 days that week.

**Week 2.** Olga walks around the block 2 times. It takes her 17 minutes. She does this for 5 days that week.

**Week 3.** Olga walks around the block 3 times. It takes her 21 minutes. She does this for 7 days that week.



**Week 4.** Olga follows the same walking schedule as she did in Week 3. Plus, she adds some hills to her route. One day, she also does 2 sets of 3 reps with a resistance band.

**Week 5.** Olga follows the same walking schedule as she did in Week 3. For 2 days that week, she also does 3 sets of 5 reps with a resistance band.

These days, Olga is meeting her fitness goal. She's lost weight. And her blood sugar is lower than it was before she started getting more active.



## Ways to Get More Active

1. Do bicep curls with a can of food while you march in place.
2. Do more reps or sets.
3. Lift heavier weights.
4. Push a stroller while you walk.
5. Take more steps per day or per week.
6. Use one-pound hand or ankle weights while you walk.
7. Walk farther.
8. Walk faster.
9. Walk longer.
10. Walk up steeper hills.

How will you get more active over the next few weeks?

Week 1: \_\_\_\_\_

Week 2: \_\_\_\_\_

Week 3: \_\_\_\_\_







## Build Your Muscles

### Wall Push-Ups

1. Face a wall. Stand a little more than arm's length away. Keep your feet flat on the floor, shoulder-width apart.
2. Lean forward. Put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall. Use a slow, controlled motion.
4. Hold the pose for 1 second.
5. Breathe out. Slowly push yourself back until your arms are straight.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.

### Arm Raises with Weights

1. Stand or sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder-width apart.
2. Hold weights at your sides at shoulder height. Keep your palms facing forward. Breathe in slowly.
3. Slowly breathe out as you raise both arms over your head. Keep your elbows slightly bent. Keep your palms facing forward.
4. Hold the pose for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.



Start with light weights. Work your way up to heavier weights. You can do one arm at a time. If you prefer, you can use soup cans or other objects.



## Build Your Muscles

### Arm Curls with Resistance Bands

1. Sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight. Slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the pose for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.



Start with a stretchy band. Work your way up to a stronger band.

If your resistance band has a handle, hold on tightly. If the band has no handle, wrap it around your hand to keep it from slipping.

Source: National Institute on Aging. Exercise and Physical Activity: Your Everyday Guide. Sample Exercises: Strength (<https://www.nia.nih.gov/health/publication/exercise-physical-activity/sample-exercises-strength>).



# Participant Guide

## Track Your Activity





## Session Focus

Tracking your minutes of activity each day can help you prevent or delay type 2 diabetes.

### This session we will talk about:

- The purpose of tracking
- How to track your activity

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



#### Tips:

- ✓ Use your Fitness Log to track your minutes of activity each day.
- ✓ Show it to me at the start of each session.
- ✓ Track activity of at least a moderate pace. That means you can talk through it, but you can't sing through it.
- ✓ Include everyday activities, like sweeping the floor briskly and mowing the lawn.



## How to Track Your Activity

### Ways to time your activity:

- Watch
- Clock
- Timer
- Fitness tracker
- Smart phone apps
- Computer apps



### Ways to record your minutes of activity:

- Spiral notebook
- Spreadsheet
- Fitness tracker
- Smart phone apps
- Computer apps
- Voice recording

**Ultimately, you'll want to record your minutes in your Fitness Log.**





## How to Cope With Challenges

It can be challenging to track your activity. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
<b>I’m too busy.</b>	<input type="checkbox"/> Make time to track. <input type="checkbox"/> Remember why you are tracking—to lower your risk of type 2 diabetes!	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>I have trouble reading and writing.</b>	<input type="checkbox"/> Record your voice with a smart phone or other device. <input type="checkbox"/> Ask your coach, friends, or family members to write your minutes on your Fitness Log.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>I keep forgetting.</b>	<input type="checkbox"/> Make tracking part of your daily routine. <input type="checkbox"/> Put a reminder on your phone or computer. <input type="checkbox"/> Set a timer. <input type="checkbox"/> Leave yourself notes where you’ll see them. <input type="checkbox"/> Ask friends and family to remind you.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>I don’t like to track.</b>	<input type="checkbox"/> Post your results on the wall or online. <input type="checkbox"/> Give yourself a small (nonfood) reward for meeting your activity goals. <input type="checkbox"/> Compete with a friend. See who can do the most minutes of activity. <input type="checkbox"/> Try smart phone and computer apps.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____