



Participant Guide

Stay Active Away from Home



Session Focus

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

This session we will talk about:

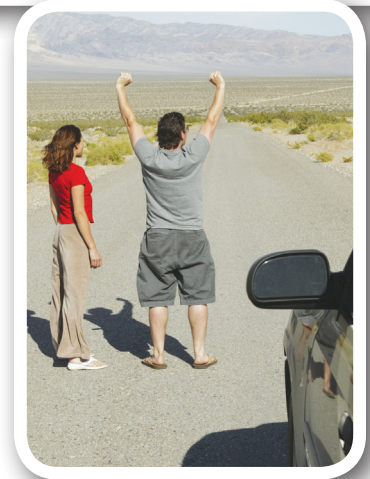
- Some challenges of staying active away from home, and ways to cope with them

You will also make a new action plan!



Tips:

- ✓ If you're a passenger, do leg lifts while you ride.
- ✓ Be active in ways that don't need fitness equipment (walk, march in place, dance, do wall push-ups, climb stairs, or use a fitness app).
- ✓ See sights while you are active (walk, bike, hike, ski, swim, or paddle).





Sherry's Story

Sherry is at risk for type 2 diabetes. So she takes a walk with her neighbor each morning. She also rides a stationary bike after dinner. She's been meeting her goal of being active for at least 150 minutes each week, at a moderate pace or more.

Sherry and her husband are planning to visit some old friends over Memorial Day weekend. It takes six hours just to drive to her friends' house, which means a lot of sitting. And once she gets there, Sherry won't be able to walk with her neighbor or ride her stationary bike. She's worried that she won't reach her fitness goal that week.

Sherry finds ways to stay active during the drive. She and her husband make time for a 2-minute fitness break every 30 minutes. They stretch and walk around at each stop.

Sherry tells her friends that she is being active to prevent type 2 diabetes. She invites them to join her.

Sherry and her friend Ann take a walk each day. It's a great way to get to know the area.

Ann suggests going out in a canoe. Sherry has never canoed before, but she gives it a try. And she loves it!

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



What makes it challenging for you to stay active when you're away from home?



How to Cope With Challenges

It can be challenging to stay active away from home. 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
I'm too busy seeing sights.	<input type="checkbox"/> See sights while you are active (walk, bike, hike, ski, swim, or paddle).	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I'm visiting friends or family.	<input type="checkbox"/> Tell them that you are being active to prevent type 2 diabetes. <input type="checkbox"/> Look for activities that they can do with you. Invite them to join you.	<input type="checkbox"/> _____ <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.	<input type="checkbox"/> If you're a passenger, do leg lifts while you ride. <input type="checkbox"/> Take a train. You'll be able to walk around a little. <input type="checkbox"/> If you travel by car, make time for a 2-minute fitness break every 30 minutes.	<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
I don't know my way around, so I don't know where to walk.	<input type="checkbox"/> Use walking as a chance to get to know the area. <input type="checkbox"/> Buy a map and explore. <input type="checkbox"/> Ask local people where to walk. <input type="checkbox"/> Find maps and route ideas on your computer. <input type="checkbox"/> Get a mapping app for your smart phone. <input type="checkbox"/> Walk inside a local mall.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I can't use my fitness center or home equipment.	<input type="checkbox"/> Find out if there's a local fitness center that you can use. <input type="checkbox"/> Stay at a hotel that has a fitness center or pool. <input type="checkbox"/> Pack a resistance band. <input type="checkbox"/> Rent a bike. <input type="checkbox"/> Be active in ways that don't need fitness equipment (walk, march in place, dance, do wall push-ups, climb stairs, or use a fitness app).	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I don't have my workout buddy.	<input type="checkbox"/> Ask someone else to be active with you. <input type="checkbox"/> Be active by yourself. <input type="checkbox"/> Join an online fitness group. <input type="checkbox"/> Contact your workout buddy for support.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



Participant Guide

Get Enough Sleep



Session Focus

Getting enough sleep can help you prevent or delay type 2 diabetes.

This session we will talk about:

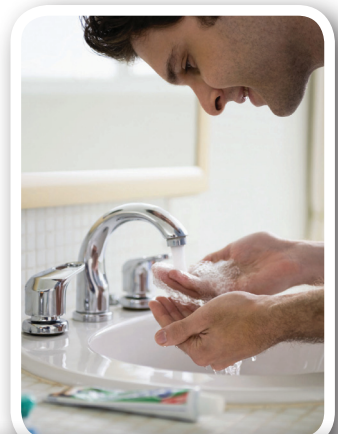
- Why sleep matters
- Some challenges of getting enough sleep and ways to cope with them

You will also make a new action plan!



Tips:

- ✓ Go to bed and get up at the same time each day. This helps your body get on a schedule.
- ✓ Follow a bedtime routine that helps you wind down.





Jenny's Story

Jenny is at risk for type 2 diabetes. Her doctor asks her if she gets at least 7 hours of sleep each night.

Jenny laughs. "Are you serious?" she asks. "I'm lucky if I get 5 hours."

Jenny usually doesn't have much trouble falling asleep. But she often has to use the bathroom in the early morning. This gets her thinking about all the things she needs to do the next day. Plus, her husband's breathing is loud. Both of these things make it hard for Jenny to fall back to sleep. She often lies awake for hours.

These days, Jenny drinks less water and avoids caffeine in the evening. She makes a list of things to do the next day. Then she sets it aside.

Jenny rarely needs to get up to use the bathroom during the night. If she does, she breathes deeply to help her get back to sleep. She also runs a fan to cover up the sound of her husband's breathing.

Jenny is closer to getting 7 hours of sleep a night.



What makes it hard for you to get a good night's sleep?



How to Cope with Challenges

It can be challenging to get enough sleep. 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
I stay up too late getting things done.	<input type="checkbox"/> Plan ahead so that you finish earlier. <input type="checkbox"/> Ask family and friends to help you get things done. <input type="checkbox"/> Save some tasks for another day. <input type="checkbox"/> Make a list of things to do the next day. Then set it aside.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I'm too hot or too cold.	<input type="checkbox"/> Turn the heat up or down. Or open a window. <input type="checkbox"/> Dress for the weather. <input type="checkbox"/> Choose the right bedding. <input type="checkbox"/> Take a warm or cool bath or shower.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
My bed partner is restless, breathes loudly, or snores.	<input type="checkbox"/> Ask your partner to blow their nose. Keep a box of tissues next to the bed. <input type="checkbox"/> Ask your partner to sleep on their side or stomach. <input type="checkbox"/> Ask your partner to get help from their healthcare provider.	<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
There's too much noise.	<input type="checkbox"/> Use earplugs. <input type="checkbox"/> Turn on a fan, white noise machine, or radio tuned to static to drown out the noise. Or use a smart phone app that plays white noise or nature sounds. <input type="checkbox"/> Shut the doors and windows. <input type="checkbox"/> Ask people to be quiet.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
There's too much light.	<input type="checkbox"/> Get room-darkening blinds or shades. <input type="checkbox"/> Wear a sleep mask.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I can't get comfortable.	<input type="checkbox"/> Stretch. <input type="checkbox"/> If possible, get a bed, mattress, and pillow that you like.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I'm thirsty.	<input type="checkbox"/> Have a drink at least two hours before bedtime. <input type="checkbox"/> If you must drink at bedtime, have just a sip.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I keep getting up to use the bathroom.	<input type="checkbox"/> Avoid caffeine and alcohol. <input type="checkbox"/> Stop drinking at least two hours before bedtime.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



How to Cope with Challenges

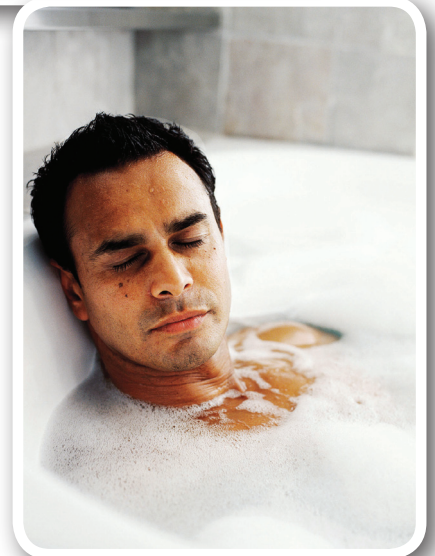
Challenge	Ways to Cope	Other Ways to Cope
I feel anxious or alert.	During the day:	<input type="checkbox"/> _____
	<input type="checkbox"/> Get up at the same time each day. This helps your body get on a schedule.	<input type="checkbox"/> _____
	<input type="checkbox"/> Avoid caffeine.	<input type="checkbox"/> _____
	<input type="checkbox"/> If you smoke, quit.	<input type="checkbox"/> _____
	<input type="checkbox"/> Avoid naps. Or keep them very short.	<input type="checkbox"/> _____
	<input type="checkbox"/> Be active.	<input type="checkbox"/> _____
	<input type="checkbox"/> Manage stress.	<input type="checkbox"/> _____
	<input type="checkbox"/> Ask your healthcare provider if your medicines are keeping you awake.	<input type="checkbox"/> _____
	A couple of hours before bedtime:	<input type="checkbox"/> _____
	<input type="checkbox"/> Avoid using a computer, cell phone, or TV. The light can make your brain think it's time to be awake.	<input type="checkbox"/> _____
	<input type="checkbox"/> Avoid working or being very active.	<input type="checkbox"/> _____
	<input type="checkbox"/> Follow a bedtime routine that helps you wind down.	<input type="checkbox"/> _____
	At bedtime:	<input type="checkbox"/> _____
	<input type="checkbox"/> Go to bed at the same time each day. This helps your body get on a schedule.	<input type="checkbox"/> _____
	<input type="checkbox"/> Don't pressure yourself to fall asleep. Keep clocks and watches out of sight so you don't think about time passing.	<input type="checkbox"/> _____
	<input type="checkbox"/> If you don't think you will fall asleep soon, get out of bed. Do something relaxing for a while.	<input type="checkbox"/> _____
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Ways to Unwind

It's a good idea to follow a bedtime routine that helps you wind down. Try to start a couple of hours before bedtime. Here are some ways to unwind.

- Breathe deeply.
- Dim the lights.
- Drink herbal tea or warm milk.
- Get a massage.
- Listen to soothing music.
- Make a list of things to do the next day.
- Read a soothing book.
- Sit outside.
- Stretch.
- Take a warm bath or shower.
- Write in a journal.



What helps you unwind at the end of the day?
