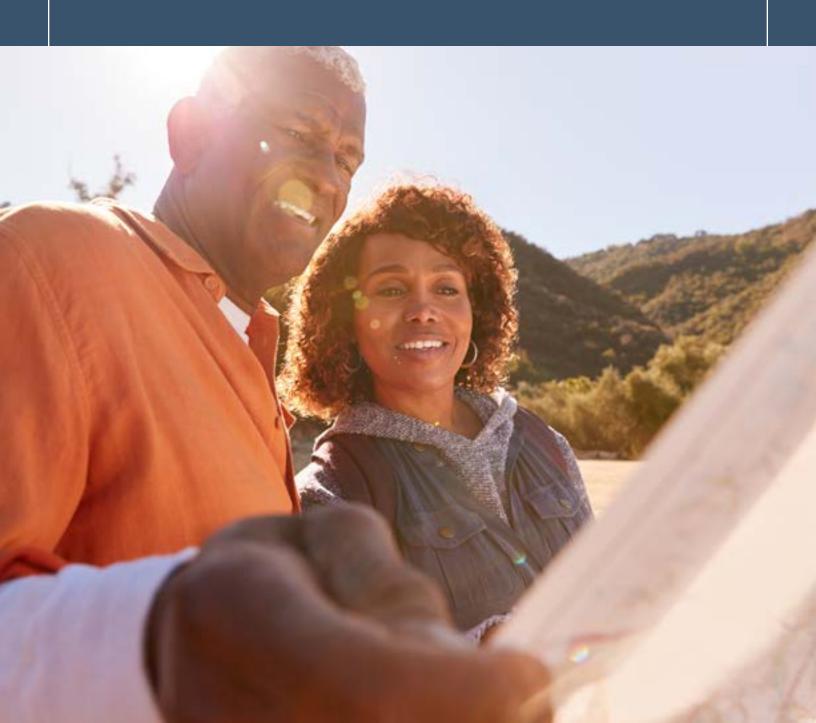


# Module 23: Stay Active Away From Home Participant Guide



### 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:

- If you're a passenger, do calf raises or triceps pushes while you ride.
- Be active in ways that don't need 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—Part 1

Sherry is at risk for type 2 diabetes. To stay active, she takes a 30-minute walk with her neighbor each morning. She also rides a stationary bike 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 husband 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 neighbor or ride her stationary bike. She's worried that she won't reach her activity goal that week.

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#### Sherry's Story—Part 2

Sherry finds creative ways to stay active during the drive. She and her husband 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 bumper push-ups and lunges on these stops. They also take turns driving, so each of them can do some exercises while being 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 get 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
I'm too busy seeing sights.	☐ See sights while you are active (walk, bike, hike, ski, swim, or paddle).	

Challenges	Ways To Overcome	Other Ways To Overcome
I'm visiting friends or family.	<ul> <li>□ Tell them that you are being active to prevent type 2 diabetes.</li> <li>□ Look for activities that they can do with you. Invite them to join you.</li> </ul>	
I have to travel a long way, which means a lot of sitting.	<ul> <li>□ If you're a passenger, do leg lifts while you ride.</li> <li>□ Take a train. You'll be able to walk around a little.</li> <li>□ If you travel by car, make time for a 10- to 15-minute activity break every 2 hours.</li> </ul>	
I don't know my way around.	<ul> <li>□ Use walking as a chance to get to know the area.</li> <li>□ Buy a map and explore.</li> <li>□ Ask local people where to walk.</li> <li>□ Find maps and route ideas on your computer.</li> <li>□ Get a mapping app for your smartphone.</li> <li>□ Walk inside a local mall.</li> </ul>	

Challenges	Ways To Overcome	Other Ways To Overcome	
I can't use my fitness center.	<ul> <li>□ Find out if there's a local fitness center that you can use.</li> <li>□ Stay at a hotel that has a fitness center or pool.</li> <li>□ Pack a resistance band.</li> <li>□ Rent a bike.</li> <li>□ Be active in ways that don't need equipment (walk, march in place, dance, do wall push-ups, climb stairs, or use a fitness app).</li> </ul>		
I don't have my workout buddy.	<ul> <li>□ Ask someone else to be active with you.</li> <li>□ Be active by yourself.</li> <li>□ Join an online physical activity group.</li> <li>□ Contact your workout buddy for support.</li> </ul>		
Personal Challenges	Ways To Overcome Personal Challenges		