



# 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).

# 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 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.

# How To Overcome Challenges

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

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**How have you been successful at staying active while away from home?**

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# How To Overcome Challenges

## 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
<b>I'm too busy seeing sights.</b>	<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"/>

# How To Overcome Challenges

Challenges	Ways To Overcome	Other Ways To Overcome
<b>I'm visiting friends or family.</b>	<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>	<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 have to travel a long way, which means a lot of sitting.</b>	<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 a train. You'll be able to walk around a little.</li> <li><input type="checkbox"/> If you travel by car, make time for a 10- to 15-minute activity break every 2 hours.</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 know my way around.</b>	<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"/> Buy a map and explore.</li> <li><input type="checkbox"/> Ask local people where to walk.</li> <li><input type="checkbox"/> Find maps and route ideas on your computer.</li> <li><input type="checkbox"/> Get a mapping app for your smartphone.</li> <li><input type="checkbox"/> Walk inside a local mall.</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>

# How To Overcome Challenges

Challenges	Ways To Overcome	Other Ways To Overcome
<p><b>I can't use my fitness center.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Find out if there's a local fitness center that you can use.</li> <li><input type="checkbox"/> Stay at a hotel that has a fitness center or pool.</li> <li><input type="checkbox"/> Pack a resistance band.</li> <li><input type="checkbox"/> Rent a bike.</li> <li><input type="checkbox"/> 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>	<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>
<p><b>I don't have my workout buddy.</b></p>	<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 buddy 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>
<p><b>Personal Challenges</b></p>	<p><b>Ways To Overcome Personal Challenges</b></p> <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>	