



Module 2: Get Active To Prevent Type 2

Participant Guide



Session Focus



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

In 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.



Benefits of Getting Active

Being active can lower your risk of type 2 diabetes in two ways:

1. You burn more calories from the food you eat.
2. It lowers your blood sugar. It does this by making your cells better able to use insulin to take up blood sugar.

What are calories?

Calories are a measure of energy. You get them from food and drink.

We will talk more about calories, as well as how to measure and track your food in upcoming sessions.

What are some personal ways that physical activity will benefit you?

Getting Active

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.



What suggestions do you have for Teo? How can he get more active?

Ways to Get Active

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

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



One small step toward getting active that I will commit to this week is:

Sources:

American College of Sports Medicine, "Reducing Sedentary Behaviors: Sit Less and Move More" (www.acsm.org/docs/default-source/files-for-resource-library/reducing-sedentary-behaviors-sit-less-and-move-more.pdf?sfvrsn=4da95909_2).

Heart Foundation, "Sit Less, Move More" (www.heartfoundation.org.au/Heart-health-education/Sit-less-move-more).

Plan for Success

Get Active Module

This “Get Active” module contains a quiz, suggested physical activities based on your preferences, and tailored feedback on your activity level and readiness to change.



PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Walk. Run. Bike. Dance.
It's time to get active!

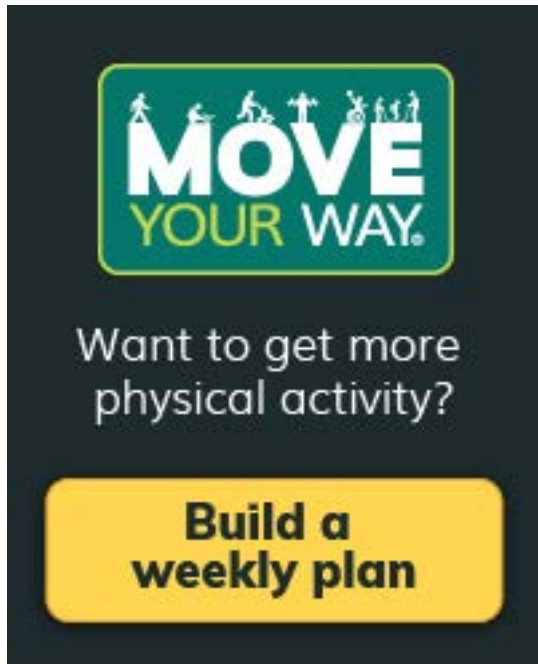
Are you active already? Are you starting out for the first time? Whatever form of physical activity you choose, remember that it's OK to start small. Because small steps over time lead to big changes.

Let's get moving!

www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html

Plan for Success

Move Your Way® Activity Planner



Ready to get more active this week?

Use this planner to set goals, choose activities you want to do, and get tips to help you stay motivated. When you're done, print your plan to track activity throughout the week.

health.gov/moveyourway/activity-planner

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 health care 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 health care 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 heart problem. My health care 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 health care provider wants me to take medicine for high blood pressure or a heart problem.
- I have a health problem or other issue not listed here that might need attention if I get active.

Source: American Heart Association (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. Follow these tips to work out safely.

- ❑ Physical activity at a medium or moderate pace is safe for most people. However, if you have a chronic health condition or have been inactive, have a disability, or are overweight, discuss physical activity with your doctor before beginning.
- ❑ Dress for the activity. Wear the right shoes and clothes. Use safety gear as needed.
- ❑ Drink water before, during, and after your workout, even if you don't feel thirsty.
- ❑ Listen to your body. Slow down or stop if you feel very tired, sick, or faint or if your joints hurt.
- ❑ Learn how to exercise appropriately considering your age, fitness level, skill level, and health status.
- ❑ Start small and find a balance that works for you. Spread your activity out during the week so you don't have to do it all at once. Or break it up into small chunks of time during the day.
- ❑ Warm up before you work out. Cool down after you work out. Take 5 to 10 minutes for each.
- ❑ Choose activities involving minimum risk.
- ❑ 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.
- ❑ Use good form when strength training.
- ❑ If you have to take a break from your physical activity routine due to an illness, start back slowly and work back up to your usual level of activity.



Sources:

U.S. Department of Health and Human Services, “Physical Activity Guidelines for Americans, 2nd edition” (www.health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf).

CDC, “Physical Activity Basics” (www.cdc.gov/physicalactivity/basics/index.htm).

Overcoming Challenges

It can be challenging to get active. 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.



Challenge	Ways to Overcome	Other Ways to Overcome
It's too hot, cold, or wet outside.	<ul style="list-style-type: none"> <input type="checkbox"/> Work out indoors. <input type="checkbox"/> Dress for the weather. <input type="checkbox"/> Swim in hot weather. <input type="checkbox"/> Join an online exercise group. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I don't have childcare.	<ul style="list-style-type: none"> <input type="checkbox"/> Be active with your kids. <input type="checkbox"/> Swap childcare with a friend. <input type="checkbox"/> Ask friends or family to help out. <input type="checkbox"/> Use childcare at the gym. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I don't have a car.	<ul style="list-style-type: none"> <input type="checkbox"/> Work out in your own home or area. <input type="checkbox"/> Join or form an online exercise group. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Overcoming Challenges

Challenge	Ways to Overcome	Other Ways to Overcome
<p>I don't have time.</p>	<p>To fit in activity anytime:</p> <ul style="list-style-type: none"> <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 the elevator. <input type="checkbox"/> Use a fitness app. <p>To fit in activity at home:</p> <ul style="list-style-type: none"> <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. <p>To fit in activity at work:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a brisk walk during your coffee or lunch break. Ask a friend to go with you. <input type="checkbox"/> Take part in an exercise program at work. <input type="checkbox"/> Join a nearby gym. Go before or after work, or during your lunch break. <input type="checkbox"/> Join the office softball team or walking group. <input type="checkbox"/> Use a copy machine on the other side of the building. 	<ul style="list-style-type: none"> <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"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Overcoming Challenges

Challenge	Ways to Overcome	Other Ways to Overcome
I feel embarrassed.	<ul style="list-style-type: none"> <input type="checkbox"/> Work out in your own home. <input type="checkbox"/> Work out with a friend. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
My area is not safe.	<ul style="list-style-type: none"> <input type="checkbox"/> Work out in your own home. <input type="checkbox"/> Work out at a gym or community center. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
It costs too much.	<ul style="list-style-type: none"> <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, or online. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
It's boring.	<ul style="list-style-type: none"> <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. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Overcoming Challenges

Challenge	Ways to Overcome	Other Ways to Overcome
It's painful or tiring.	<ul style="list-style-type: none"><input type="checkbox"/> Ask your health care provider which activities are right for you.<input type="checkbox"/> Work out safely.<input type="checkbox"/> Work out at the time of day you have the most energy.<input type="checkbox"/> Walk slowly or swim.<input type="checkbox"/> Do yoga or tai chi.	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____
It messes up my hair.	<ul style="list-style-type: none"><input type="checkbox"/> Work out in a cool place.<input type="checkbox"/> Try new hair products and styles.	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____