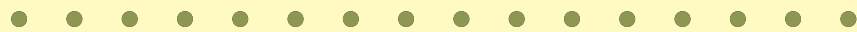


Sessions 1-16



Participant Notebook for Months 1-6





Lifestyle Intervention

The National Diabetes Prevention Program Lifestyle Intervention curriculum is based on the curriculum from the Diabetes Prevention Program (DPP) research study supported by the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Disease, Cooperative Agreement U01-DK48489*. The DPP lifestyle intervention has been further adapted by: **Plan Forward (University of Indiana)** and **Group Life Balance (University of Pittsburgh)**. Certain concepts in the National Diabetes Prevention Program Lifestyle Intervention curriculum are adapted from these sources. Both adaptations are derived from the DPP research trial supported by the Department of Health and Human Services which has certain rights in the materials.

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Session 1: Overview

Welcome!

You are here because you want to reduce your risk for type 2 diabetes, and we're glad to have you.

We will work together toward two goals:

- Losing weight.
- Being more active.

You'll lose 7% of your weight through healthy eating and 150 minutes of brisk physical activity each week.

Reaching Goals Together

We will meet for one year. Once a week for the next 16 weeks, then once a month.

Reaching your goal weight may prevent you from getting type 2 diabetes or heart disease. You will look and feel better. Your health will improve.





Session 1: Overview (continued)

Getting Started with Weight Loss

This week we will get started with our weight loss goal by making healthy choices and tracking everything we eat and drink every day.

Keeping track of your weight and what you eat is the most important part of changing your behavior. We will give you the tools and support to make it easy!

You Can Do It!

We know that change is not easy, but we are here to help you through it.

You *can* make healthy choices that will reduce your risk for type 2 diabetes. Together we will take it one step at a time.

You Can Do It!



Quick Fact

What is type 2 diabetes?

Type 2 diabetes is a disease caused by having too much sugar in our blood. The sugar in blood is called **glucose**, pronounced GLUE-kose.

How do we get glucose?

We get glucose from the food we eat. Our body breaks down all the sugar and starch we eat into glucose. Glucose is the basic fuel for the cells in our body.

How do we get too much glucose in our blood?

Normally our bodies use a hormone called **insulin** to carry the glucose in our blood to the other cells in our body. The amount of glucose in our blood can get too high for two reasons: 1) our body does not have enough insulin or 2) our body does not use insulin properly.

What happens when the glucose in our blood gets too high?

The glucose builds up in the blood instead of going into the cells, and we get diabetes. Diabetes can damage many parts of the body, including the heart, eyes, kidneys, and nerves.

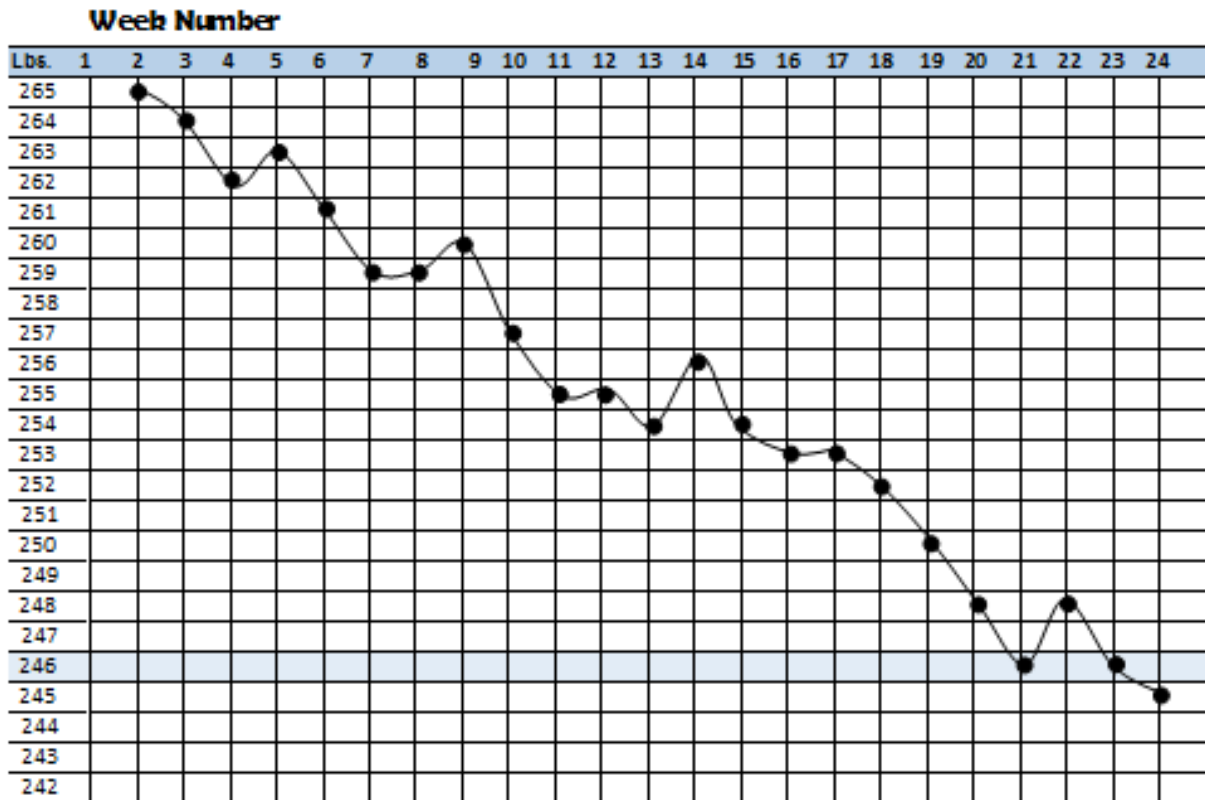
How can we stop ourselves from getting type 2 diabetes?

Participating in a lifestyle intervention to lose some weight and become more active can prevent diabetes.



How Am I Doing? Sample Chart

Name: Sandra Williams Start Date: 10-29-10 Start Weight: 265 Goal Weight: (93 x start wt) 246



Instructions

1. Your Lifestyle Coach will record your starting weight for Week 1 and fill in the weight numbers in the "Lbs" column for you, based on your goal weight.
2. For each week, place a dot on the line that matches your weight.

Session 1: Welcome to the National Diabetes Prevention Program



Program Meeting Schedule

Meeting Location _____

Regular Meeting Day and Time _____

Session Date	Session Title
Week 1 _____	Welcome to the National Diabetes Prevention Program
Week 2 _____	Be a Fat and Calorie Detective
Week 3 _____	Reducing Fat and Calories
Week 4 _____	Healthy Eating
Week 5 _____	Move Those Muscles
Week 6 _____	Being Active: A Way of Life
Week 7 _____	Tip the Calorie Balance
Week 8 _____	Take Charge of What's Around You
Week 9 _____	Problem Solving
Week 10 _____	Four Keys to Healthy Eating Out
Week 11 _____	Talk Back to Negative Thoughts
Week 12 _____	The Slippery Slope of Lifestyle Change
Week 13 _____	Jump Start Your Activity Plan
Week 14 _____	Make Social Cues Work <i>for</i> You
Week 15 _____	You Can Manage Stress
Week 16 _____	Ways to Stay Motivated

Your Lifestyle Coach's name: _____

Phone number(s): _____ Best time to call: _____

Email: _____

Phone number of meeting site: _____



Meeting Guidelines

Meeting in a group can be a source of support and learning for all of us. Here are some guidelines for working together as a group:

1. Do not repeat anything personal that you hear at the meeting to people outside the group. We all want to share our experiences without being judged or afraid that our personal stories will be told to others.
2. Be on time to the group meetings.
3. Call the Lifestyle Coach 24 hours in advance if you cannot attend a meeting.
4. Take part in sharing your ideas with other group members.
5. Let one person speak at a time.
6. Let everyone have a chance to share. Be careful not to talk for too long.
7. Be willing to listen to other people's concerns and respect other people's ideas.
8. Be positive and stress the good things.
9. Do not use insulting phrases. Do not put others down.
10. Complete the things you are supposed to do at home. Homework outside the group meetings is the **most important factor** in your success.





Diabetes Prevention Program (DPP)

What is the Diabetes Prevention Program?

The original Diabetes Prevention Program (DPP) was a research study funded by the National Institutes of Health (NIH) and supported by the Centers for Disease Control and Prevention (CDC). The results showed that making certain lifestyle changes and continuing them over time can prevent type 2 diabetes in people who are at risk.

Who took part in the research study?

More than 3,000 adults took part. They came from 27 locations around the United States.

- Everyone in the study had prediabetes. Prediabetes means that blood sugar is high but not yet high enough to be type 2 diabetes.
- Nearly half of the people in the study were African Americans, Hispanics, American Indians, Asians, or Pacific Islanders. People of these racial or ethnic groups are at high risk for type 2 diabetes.
- 2 out of 10 were 60 years old or older. People older than 60 are at higher risk than younger people.
- The average starting weight of the people in the study was 207 pounds.

How did the researchers do the study?

Each person in the study was randomly assigned to one of three treatment groups:

- **Lifestyle change:** The 1000 people in the lifestyle group focused on losing weight and being more active. They did not receive any medication.
- **Medication:** The 1000 people in the medication group were given metformin. Metformin is a medication used to treat diabetes. The group did not focus on losing weight or being more active.
- **No treatment:** The 1000 people in the placebo group got no medication and were not asked to change their lifestyle.



Diabetes Prevention Program (continued)

What happened?

The group was studied for about 3 years, and these were the results for each group:

- **Lifestyle change:** Participants cut their risk for type 2 diabetes by 58%. People older than 60 cut their risk by 71%.
- **Medication:** Participants cut their risk for type 2 diabetes by 31%.
- **No treatment:** Participants had no change in their risk for type 2 diabetes.

Research Study Results

The research study and many later studies showed that lifestyle changes are best at preventing type 2 diabetes. Because of that finding, many programs, like this one, have been set up throughout the United States and the world.

Research studies and personal experiences continue to show the success of this program. It helps people lose weight, remain active, and delay or prevent type 2 diabetes.

Our goal

This program is based on the DPP study and many others that have been conducted since.

Our program will help you —

- Learn the **facts** about healthy eating and being active.
- Learn what **makes it hard** for you to eat healthy and be active.
- Learn **how to change** your habits to healthier habits.
- Maintain the **long-term** support you need to stick with the changes.



Program Goals

We will work toward a healthy balance between two parts of your lifestyle:

- How much you eat.
- How active you are.

By achieving a healthy balance, you can reduce your risk for type 2 diabetes.

Therefore, this lifestyle intervention has two important goals for you:



Program Goals

1. Lose weight through healthy eating.
2. Be more physically active.

Studies show that making these lifestyle changes and continuing them over time can help to **prevent type 2 diabetes** in people who are at risk.



Program Goals (continued)

This program has been carefully designed to help people change their lifestyle. In this program you will learn:

- 1 Facts about healthy eating and being active.
- 2 Why it is hard for you to eat healthy and be active.
- 3 How to change some habits so that new habits work *for* you, not against you.

For example, you will learn how to —

- ✓ Find the time to be active.
- ✓ Ask for what you want when you go out to eat.
- ✓ Keep things around you at home and at work that make you want to be active and eat healthy.
- ✓ Get rid of things that get in your way or cause you to lose your healthy balance.
- ✓ Replace negative thoughts with positive ones.
- ✓ Get back on your feet if you slip from your plans for healthy eating and being active.
- ✓ Handle stress, social events, and other people that make it hard for you to change.



I will give you the support you need. I will be your Lifestyle Coach.



Program Goals (continued)

This program has set **weight loss** and **physical activity** goals that will reduce your risk for type 2 diabetes, but only if you follow them.

1 Lose 7% of your weight through healthy eating.

Your goal will be to weigh _____ pounds or less.

2 Do 150 minutes of brisk physical activity each week.

Example: Take a brisk walk for 30 minutes, five days a week.

- The program's goals are safe and can be reached.
- Even small changes can have big rewards for your health.
- We will help you reach your goals by making gradual, healthy, and reasonable changes in your eating and activity.

Session 1: Welcome to the National Diabetes Prevention Program



Goal Weights

This chart shows starting weight and goal weight with a 7% loss. Find your current weight, and then your goal weight to achieve during this program.

Starting Weight: _____ Goal Weight: _____

120-199 lbs

Your Starting Weight (pounds)	Your Goal Weight (pounds)
120	112
121	113
122	113
123	114
124	115
125	116
126	117
127	118
128	119
129	120
130	121
131	122
132	123
133	124
134	125
135	126
136	126
137	127
138	128
139	129
140	130
141	131
142	132
143	133
144	134
145	135
146	136
147	137
148	138
149	139
150	140

Your Starting Weight (pounds)	Your Goal Weight (pounds)
151	140
152	141
153	142
154	143
155	144
156	145
157	146
158	147
159	148
160	149
161	150
162	151
163	152
164	153
165	153
166	154
167	155
168	156
169	157
170	158
171	159
172	160
173	161
174	162
175	163
176	164
177	165
178	166
179	166
180	167
181	168

Your Starting Weight (pounds)	Your Goal Weight (pounds)
182	169
183	170
184	171
185	172
186	173
187	174
188	175
189	176
190	177
191	178
192	179
193	179
194	180
195	181
196	182
197	183
198	184
199	185



Goal Weights (continued)

200-299 lbs

Your Starting Weight (pounds)	Your Goal Weight (pounds)
200	186
201	187
202	188
203	189
204	190
205	191
206	192
207	193
208	193
209	194
210	195
211	196
212	197
213	198
214	199
215	200
216	201
217	202
218	203
219	204
220	205
221	206
222	206
223	207
224	208
225	209
226	210
227	211
228	212
229	213
230	214
231	215
232	216
233	217

Your Starting Weight (pounds)	Your Goal Weight (pounds)
234	218
235	219
236	219
237	220
238	221
239	222
240	223
241	224
242	225
243	226
244	227
245	228
246	229
247	230
248	231
249	232
250	233
251	233
252	234
253	235
254	236
255	237
256	238
257	239
258	240
259	241
260	242
261	243
262	244
263	245
264	246
265	246
266	247
267	248

Your Starting Weight (pounds)	Your Goal Weight (pounds)
268	249
269	250
270	251
271	252
272	253
273	254
274	255
275	256
276	257
277	258
278	259
279	259
280	260
281	261
282	262
283	263
284	264
285	265
286	266
287	267
288	268
289	269
290	270
291	271
292	272
293	272
294	273
295	274
296	275
297	276
298	277
299	278

Session 1: Welcome to the National Diabetes Prevention Program



Goal Weights (continued)

300-399 lbs

Your Starting Weight (pounds)	Your Goal Weight (pounds)
300	279
301	280
302	281
303	282
304	283
305	284
306	285
307	286
308	286
309	287
310	288
311	289
312	290
313	291
314	292
315	293
316	294
317	295
318	296
319	297
320	298
321	299
322	299
323	300
324	301
325	302
326	303
327	304
328	305
329	306
330	307
331	308
332	309
333	310

Your Starting Weight (pounds)	Your Goal Weight (pounds)
334	311
335	312
336	312
337	313
338	314
339	315
340	316
341	317
342	318
343	319
344	320
345	321
346	322
347	323
348	324
349	325
350	326
351	326
352	327
353	328
354	329
355	330
356	331
357	332
358	333
359	334
360	335
361	336
362	337
363	338
364	339
365	339
366	340
367	341

Your Starting Weight (pounds)	Your Goal Weight (pounds)
368	342
369	343
370	344
371	345
372	346
373	347
374	348
375	349
376	350
377	351
378	352
379	352
380	353
381	354
382	355
383	356
384	357
385	358
386	359
387	360
388	361
389	362
390	363
391	364
392	365
393	365
394	366
395	367
396	368
397	369
398	370
399	371

Session 1: Welcome to the National Diabetes Prevention Program



Goal Weights (continued)

400-499 lbs

Your Starting Weight (pounds)	Your Goal Weight (pounds)
400	372
401	373
402	374
403	375
404	376
405	377
406	378
407	379
408	379
409	380
410	381
411	382
412	383
413	384
414	385
415	386
416	387
417	388
418	389
419	390
420	391
421	392
422	392
423	393
424	394
425	395
426	396
427	397
428	398
429	399
430	400
431	401
432	402
433	403

Your Starting Weight (pounds)	Your Goal Weight (pounds)
434	404
435	405
436	405
437	406
438	407
439	408
440	409
441	410
442	411
443	412
444	413
445	414
446	415
447	416
448	417
449	418
450	419
451	419
452	420
453	421
454	422
455	423
456	424
457	425
458	426
459	427
460	428
461	429
462	430
463	431
464	432
465	432
466	433
467	434

Your Starting Weight (pounds)	Your Goal Weight (pounds)
468	435
469	436
470	437
471	438
472	439
473	440
474	441
475	442
476	443
477	444
478	445
479	445
480	446
481	447
482	448
483	449
484	450
485	451
486	452
487	453
488	454
489	455
490	456
491	457
492	458
493	458
494	459
495	460
496	461
497	462
498	463
499	464



We Will Work Together As a Team

Throughout this program, you will rely on the group in different ways to learn and grow.

I will count on you to do the items listed below:

- Come to sessions and bring your Participant Notebook.
- Call 24 hours ahead if you must miss a session.
- Do your best to reach your eating and activity goals. This includes doing home activities to practice what you learn.
- Keep track of your eating and activity 7 days a week.
- Be honest.
- Keep track of your weight at home.
- Let me know if you have any problems by calling or e-mailing me.
- Stay willing and open to change. Always hang in there.

You can count on your Lifestyle Coach and the group to do the items listed below:

- Notice what you are doing well and what can be improved.
- Answer your questions; share solutions and ideas, while learning together.
- Be honest.
- Stand by you during hard times.
- Believe you can reach your eating and activity goals.
- Support and help you always. The group will hang in there with you.

We agree to work together in the ways described above.

Signed _____ Signed _____

Participant

Lifestyle Coach



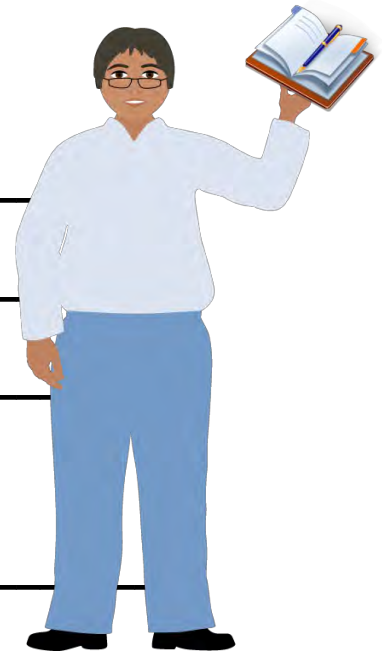
Remember Your Purpose

Take a moment to respond to these questions in the space provided below.

Why did I join this program?

What do I hope to achieve by taking part in this program?

How will healthy eating and being active help me and others?





Keeping Track

Start keeping track of what you eat and drink each day.



Write down everything you eat and drink.

It's the most important part of changing your behavior. Spelling is *not* important. What *is* important is to —

- Be honest. Write down what you really eat.
- Be accurate. Measure portions, and read labels.
- Be complete. Include every little scrap you eat.

Session 1: Welcome to the National Diabetes Prevention Program



Keeping Track: Practice Page (continued)

Food and Drink Tracker			
Time	Amount/Name/Description	Fat Grams	Calories
Total:			



To-Do Next Week

During the next week, I will –

- Write down *every little thing* I eat and drink *every day*.



- ✓ Include the time when I eat each item.
- ✓ Include the amount of food, the name of the food, and a description.
- ✓ Skip the other columns for now.
- ✓ Use one line for each food. For example, instead of writing “sandwich,” write all the things that are in the sandwich, one on each line.

2 slices whole wheat bread
1 slice American cheese
1 slice turkey
1 tsp mayonnaise

“Toast with butter” should be on two different lines:

1 slice whole wheat toast
1 tsp butter

- Circle the foods or drinks I think are high in fat and calories.
- Bring my *Food and Activity Tracker* and *Participant Notebook* to the next session.



Session 2: Overview

Be a Fat and Calorie Detective

Reducing the fat and calories in our meals is one of the most important steps we can take to improve our health. To reach healthy eating goals, we need to track our weight and how much we eat. Our role as a “fat and calorie detective” is to find the high-fat, high-calorie foods in our meals and figure out ways to make them healthier.

Monitor Our Food and Weight

Monitoring what we eat is a smart way of making sure we make healthy choices. Monitoring what we do is the most important part of changing our behavior. Therefore, an important part of this program is to write down everything you eat and drink in your *Food and Activity Tracker*.

How Am I Doing?

Use the *How Am I Doing?* weight chart to track your weight at home and before each session. This chart is important because it shows how your weight is changing over time.



Quick Fact

Why does it matter if I get type 2 diabetes?

People with diabetes are twice as likely as people without diabetes to die early.

The good news is that by making smart choices in eating and physical activity, you can delay or prevent type 2 diabetes.

But there’s more good news. Even with diabetes, people can lower their chances of blindness, kidney disease, heart attack, and stroke by eating healthy and getting regular physical activity.



Your Fat Gram Goal

Everyone is different, and we each have different needs. So each of you will be assigned a number of daily fat grams. That number is your budget of fat grams per day.

We will base the number of fat grams assigned to you on your present weight and weight loss goal of 7%. And, of course, we will help you to keep track and write down the foods you eat to stay within this budget. You will use the *Fat and Calorie Counter* to help you figure out what to eat and the right amounts to eat.

For Next Week

Next week will be exciting because you will be taking the first key steps toward changing how you live. You are *now* beginning to improve your health and reduce your chances of getting type 2 diabetes.



Be a Fat and Calorie Detective

All about Fat

To help you lose weight, we will begin building healthy eating habits. Here are some facts about fat and calories to get you started:

- ✓ Healthy eating means eating less fat and fewer calories.
- ✓ Eating too much fat is what makes us fat.
- ✓ By eating less fat, you can lose weight.
- ✓ Fat has the most calories of all the foods we eat. Fat contains more than twice the calories as the same amount of sugar, starch, or protein.
- ✓ Even small amounts of high-fat foods are high in calories.



Compare Peanuts with Popcorn

Food	Amount	Grams of Fat	Calories
Peanuts	¼ Cup	19	215
Popcorn	3 cups plain, air popped (12 times as much food!)	0	90

Note: Peanuts are high in fat, *but* they are a healthy choice if you eat them in small amounts.



What High Fat Foods Do You Eat?

Using last week's *Food and Activity Tracker*, list the kinds of foods you eat that are high in fat or calories.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



Quick Fact

Almost three-quarters of the fat we eat is **hidden** in the food! We can't see it.

Session 2: Be a Fat and Calorie Detective



Sample Lunch Menu



Look at this example of a typical lunch at a fast food restaurant. Notice the amount of fat and calories.

Food	Fat Grams	Teaspoons of Fat	Calories
Fried fish sandwich	19	5	411
Large French fries	22	6	437
Apple Turnover, fried	15	4	288
Milkshake, with ice cream	18	5	346
Total	74	20	1,482

Note: These are estimates. The actual amount of fat and calories vary by brand.



Tracking Fat and Calories

Keeping track of fat is important. Just follow the steps below.



- 1** Look at the chart on the next page. It shows the number of fat grams you can eat each day and still lose weight.
- 2** Write down *everything* you eat and drink. Be honest. It doesn't work if you're not completely honest.
- 3** Figure out how many fat grams are in everything you eat and drink.
 - ✓ Measure the amount you eat and the amount you drink.
 - ✓ Look up each item in the *Fat and Calorie Counter*.
 - ✓ Write down the amount of fat and calories in each item that you eat or drink.
- 4** Add up the fat grams you eat and drink during the day. Try to eat only the number that you can have each day and still lose weight.



Fat Gram Goal

Use this chart to figure out the number of fat grams you can have each day.

Try to eat only the number beside your weight.



Your Starting Weight (pounds)	Fat Gram Goal
174 pounds or less	33
175 to 219	42
220 to 249	50
250 to 299	55
300 pounds or more	55



Quick Fact

1 pound of fat = 3,500 calories

This means that if you want to lose 1 or 2 pounds each week, eat between **500 and 1,000** fewer calories every day.



Fat and Calorie Counter Guidelines

Here are some tips for getting the most out of the *Fat and Calorie Counter*.

Problems finding a food?

- ✓ If a food is not listed, use the fat gram and calorie values for a food that is the closest to it. For example, use banana bread for zucchini bread.
- ✓ Write the name of the food in the back of your *Fat and Calorie Counter*, and ask your Lifestyle Coach about it next week.

Having trouble figuring out fat grams and calories?

- ✓ Write down the food or drink and the amount you ate.
- ✓ Your Lifestyle Coach will help you next week.



How to measure the fat and calories in recipes?

- ✓ Add up the fat grams of each ingredient in the recipe, and divide the result by the number of people the entire recipe will serve. The answer is the number of fat grams in each serving. In the same way, you can calculate the number of calories in each serving.
- ✓ If you can't find an ingredient in the *Fat and Calorie Counter*, find an ingredient that is like the one in your recipe. Write down the fat grams and calories in that ingredient as a substitute for the one you can't find.
- ✓ If you often cook from recipes, bring a favorite recipe next week. Your Lifestyle Coach will help you count the grams of fat.



Eating Packaged Foods

This is a sample of a nutrition label that you see on many packaged foods. This label shows information about the fat, calories, and other nutrients in the food.

Nutrition Facts		
Serving size 1 oz. (28g/about 21 pieces)		
Servings per Container 10		
Amount Per Serving		
Calories 150	Calories from Fat 80	
% Daily Value*		
Total Fat 9 g	14%	
Saturated Fat 2g	10%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 300mg	12%	
Total Carbohydrate 16 g	5%	
Dietary Fiber less than 1g	1%	
Sugars less than 1 g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 2%	
*Percent Daily Values Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat	9	
Carbohydrate	4	
Protein	4	

Find the serving size, and decide if that is the amount you ate. Maybe you ate more or less.

Find the calories per serving.

Find the total fat grams per serving.

Keep this in mind:

If you eat a larger serving than the size on the label, you will be eating more calories and more fat grams than are given on the label.



To-Do Next Week

During the next week, I will –



- Keep track of my weight in the *Food and Activity Tracker*
 - ✓ Weigh myself at home every day, or every few days, at this time of day _____.
 - ✓ Record my weight on the back of the *Food and Activity Tracker*.

- Keep track of what I eat and drink
 - ✓ Write down everything I eat and drink in the *Food and Activity Tracker*.

- ✓ Use the *Fat and Calorie Counter* to figure out how much fat is in each item I eat.
- ✓ Write down the fat grams in the *Food and Activity Tracker*.
- ✓ Keep a running fat gram total throughout the day.
- ✓ Come as close to my fat gram goal as I can.



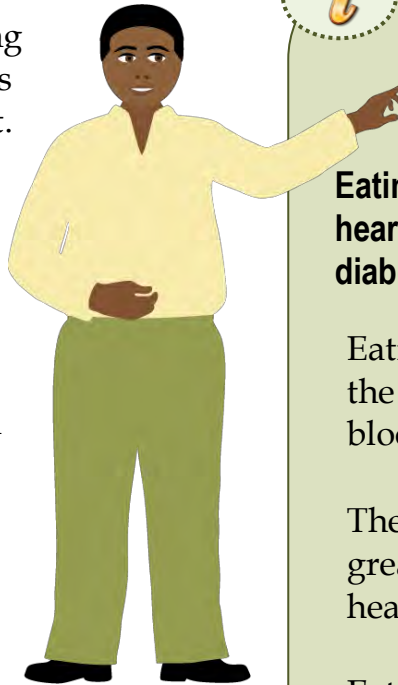
Session 3: Overview

Weighing and Measuring Food

Weighing and measuring food are important ways of knowing what we eat. Measuring helps us make healthier choices.

Eating even a slightly smaller amount can make a big difference in fat grams and calories.

Many people feel they do not need to weigh or measure their food because they think they know how much they eat. But most of us are surprised when we actually do measure. Our eyes can play tricks on us!



Quick Fact

Eating too much fat can cause heart disease and type 2 diabetes.

Eating a lot of fat can increase the amount of cholesterol in our blood.

The higher our cholesterol, the greater our chances of having a heart attack.

Eating a lot of fat also increases our chances of getting type 2 diabetes.

Estimating Fat and Calorie Content

It is hard to know the amount of fat and calories in our food, but with practice, we can make a good guess.

Eating Less Fat and Fewer Calories

In this program, we will learn three ways to help us eat less fat and fewer calories. We will –

- Eat high-fat and high-calorie foods less often.
- Eat smaller amounts of high-fat and high-calorie foods.
- Eat low-fat and low-calorie foods instead of high-fat, high-calorie foods.

Menu Makeovers

Choosing low-fat and low-sugar foods will help you reduce the fat and calories you eat.



Measurement Basics

Measurement	Abbreviation	Equivalent
Cup	c	8 ounces or 16 tablespoons
Tablespoon	T or Tbsp	3 teaspoons
Teaspoon	t or tsp	The amount in a regular size spoon
Ounce	oz	28 grams
Gram	g	The weight of a paper clip





Tips for Weighing and Measuring Food

Weighing and measuring foods is important for keeping track of how much you eat. Use the following tips to figure out the most exact amount.



Use a metal or plastic measuring cup for solid foods.

- ✓ Fill and level off the ingredient before you write down the amount.

Use a glass measuring cup for liquids.

- ✓ Read the line showing how much is in the cup at eye level.

Use a scale for meat, fish, cheese, bread, pasta, rice.

- ✓ Weigh meat after it is cooked.
- ✓ Remove the fat and bone before you weigh meat or fish.
- ✓ Remember: 4 oz of raw meat equals 3 oz cooked meat. 3 oz is about the size of a deck of cards.

Use measuring spoons for both solids and liquids.

- ✓ Level off solid ingredients before you write down the amount.



Guess What?

Most people are surprised when they weigh and measure food. We're now going to do an exercise. For this exercise, follow these steps to guess the amount of food shown.

1. Write down the name of each food on display.
2. Guess the amount using cups, tablespoons, teaspoons, ounces, or grams.
3. Weigh or measure the food. Write down the actual amount.
4. Figure out the fat grams and calories for the actual amount.

Food	Guessed Amount	Actual Amount	Fat Grams	Calories



Three Ways to Eat Less Fat and Fewer Calories



In this session, we discuss three simple ways to eat less fat and fewer calories.

1. Eat foods high in fat or calories *less often*.

Example: Eat French fries once a week instead of every day. That would mean about 132 fewer grams of fat per week!

2. Eat *smaller amounts* of high-calorie foods. Cutting back even a little on the amount you eat can make a big difference.

Example: At the salad bar, use a regular spoon instead of the ladle to pour on salad dressing. Most ladles hold 4 tablespoons, but most spoons hold 1 tablespoon or less. So you'll eat only a quarter of the fat. You'll eat 24 fewer grams of fat!

3. Eat *lower-fat* and *lower-calorie* foods instead.

Example: Choose non-fat milk instead of whole milk.



Three Ways to Eat Less Fat and Fewer Calories (continued)

Use the table below to help you find examples of lower-fat and lower-calorie foods.

Instead of this food:	Fat (g)	Calories	Choose this food:	Fat (g)	Calories
Potato chips, 1-ounce bag	11	161	Pretzels, 1-ounce bag	1	108
Regular margarine, 1 tsp	4	34	Low-fat margarine, 1 tsp	2	17
Roast beef (chuck), untrimmed, 3 ounces	22	286	Roast beef (top round), trimmed, 3 ounces	4	153
Baked potato with 2 Tbsp sour cream	6	56	Baked potato with 2 Tbsp salsa	0	8
Chicken breast, with skin, breaded, fried	24	439	Chicken breast without skin, grilled	9	205



Warning: Low-fat or fat-free products often contain a lot of calories.

For example –

½ cup low-fat frozen yogurt can have between 110- 180 calories.

Some low-fat or fat-free products are *very* high in calories because they're loaded with sugar. Be careful. Check the label.

Session 3: Three Ways to Eat Less Fat and Fewer Calories



Menu Makeover

These examples show how small changes make big differences in fat grams and calories.

High-fat, high-calorie meal	Makeover meal	Fat grams saved	Calories saved
Breakfast			
Fried eggs, 2	Corn flakes, 1 cup	15	90
Whole milk, 1 cup	Skim milk, 1 cup	8	60
Toast, 1 slice, with 1 tsp margarine or butter	Toast, 1 slice, with 1 tsp jam or jelly	4	17
Coffee, 1 cup, with 2 Tbsp half & half	Coffee, 1 cup, with 2 Tbsp nonfat creamer	4	20
Snack			
Doughnut, glazed, yeast, 1 (4" diam.)	Apple, 1 (2-3/4" diam.)	12	180
Lunch			
2 slices bread, with 1 Tbsp mayonnaise	2 slices bread, with 1 tsp mayonnaise	4	64
Bologna, beef, or pork, 1 oz	Turkey breast, 1 oz	7	60
American cheese, 1 oz	American cheese, low-fat, 1 oz	5	40
Potato chips, 1-oz bag	Potato chips, ½ of a 1-oz bag	5	75
Dinner			
Flounder, deep fried, 3 oz	Flounder, baked without fat, 3 oz	4	64
Mashed potatoes, ½ cup with milk and butter	Mashed potatoes, ½ cup, with milk, no butter	4	35
Gravy, ¼ cup	Gravy, from mix, using water, ¼ cup	4	80
Green beans, with bacon, ½ cup	Green beans, with nonfat broth, ½ cup	2	15
Salad with 2 Tbsp French dressing	Salad with 2 Tbsp fat-free dressing	11	100
Dessert			
Ice cream, premium, ½ cup	Orange, 1 (Eat ice cream rarely)	18	210
Total Daily Savings:		107	1,110



Menu Makeover Practice Sheet

Next week, use this table to practice cutting the fat and calories from meals and snacks.

Meal	High- fat, high-calorie meal	Fat grams	Makeover meal	Fat grams	Fat grams saved
Breakfast					
Lunch					
Dinner					
Snacks					



To-Do Next Week

Next week, I will –

- Keep track of my weight and what I eat.**
 - ✓ Keep track of **all** the fat grams I eat each day.
 - ✓ Come as close as I can to my fat gram goal.

- Make a plan to eat less fat and follow it.**
 - ✓ In the table below, write down five foods you eat that are high in fat. Circle one.
 - ✓ Pick one of the three ways to eat less fat from the food you circled. Write down in the space below how you will cut fat next week. **Be sure you write something you can do.**



My top 5 high-fat foods	The 3 Ways to Eat Less Fat		
	I will eat it less often:	I will eat a smaller amount:	I will eat a lower-fat food instead:

What I will need to do to carry out this plan: _____

Problems I might have cutting down on these foods, and what I will do to solve them:



To-Do Next Week (continued)

Before the next session, answer these questions:

1. Did you follow your plan? Yes ___ No ___ Almost ___

2. What did you do well?

3. What problems did you have following your plan?

4. What could you do differently next week?



Session 4: Overview

Healthy Eating

Healthy eating is determined both by *what* we eat and *the way* we eat. To eat healthier, try to eat at regular times. Eat slowly to digest food better. Eating slowly also makes us more aware of what we are eating. And, don't worry about cleaning your plate. These are just a few of the many tricks for changing how we eat. Find out more!

MyPlate

MyPlate is a general guide to healthy eating. It is based on the latest research about nutrition and health. It was developed by the U.S. Department of Agriculture and has suggestions for how much people should eat, depending on their sex, age, and level of physical activity.

The plate image on page 3 shows us the amount we need of each food group. Go to choosemyplate.gov to learn more about this useful tool.

The suggestions offered in MyPlate can help us make better food choices. They give us ideas for changing the way we eat.

During the week, use the MyPlate information found in these handouts and on the website to practice changing *how* you eat.



Quick Fact

To prevent type 2 diabetes, should you avoid eating starchy foods such as bread, potatoes, and pasta?

No. Starchy foods are part of a healthy meal plan for people with or without diabetes. What is important is the amount we eat. Whole grain breads, cereals, pasta, rice, and starchy vegetables like potatoes, yams, peas, and corn can be part of your meals and snacks.

The key is the amount. For most people with diabetes, having 3 or 4 servings of bread, fruit, or starchy foods is about right. Whole grain starchy foods are also a good source of fiber. They help keep your gut healthy.





Ways to Eat Healthy

Eating less fat and fewer calories is an important part of losing weight. But that is only one important part of healthy eating. Another part of healthy eating is changing the way we eat and what we eat. Here are a few tips to help.

Set up a regular pattern of eating.

- ✓ Spread your calories out through the day. Doing so helps keep you from getting too hungry and losing control. Eat 3 meals each day and 1 or 2 healthy snacks.
- ✓ Do not skip meals.
- ✓ Try to eat at the same time each day. Regular meals will also keep you from getting too hungry and losing control.

Eat slowly.

Try pausing between bites. Put down your fork and take a break between bites. Drink water with meals and enjoy the taste of your food. Eating slowly will help you –

- ✓ Digest your food better.
- ✓ Be more aware of what you are eating.
- ✓ Be more aware of when you are full.

Don't worry about cleaning your plate.

- ✓ Serve yourself smaller portions to begin with.
- ✓ The greatest waste of food is eating more than you want or need.

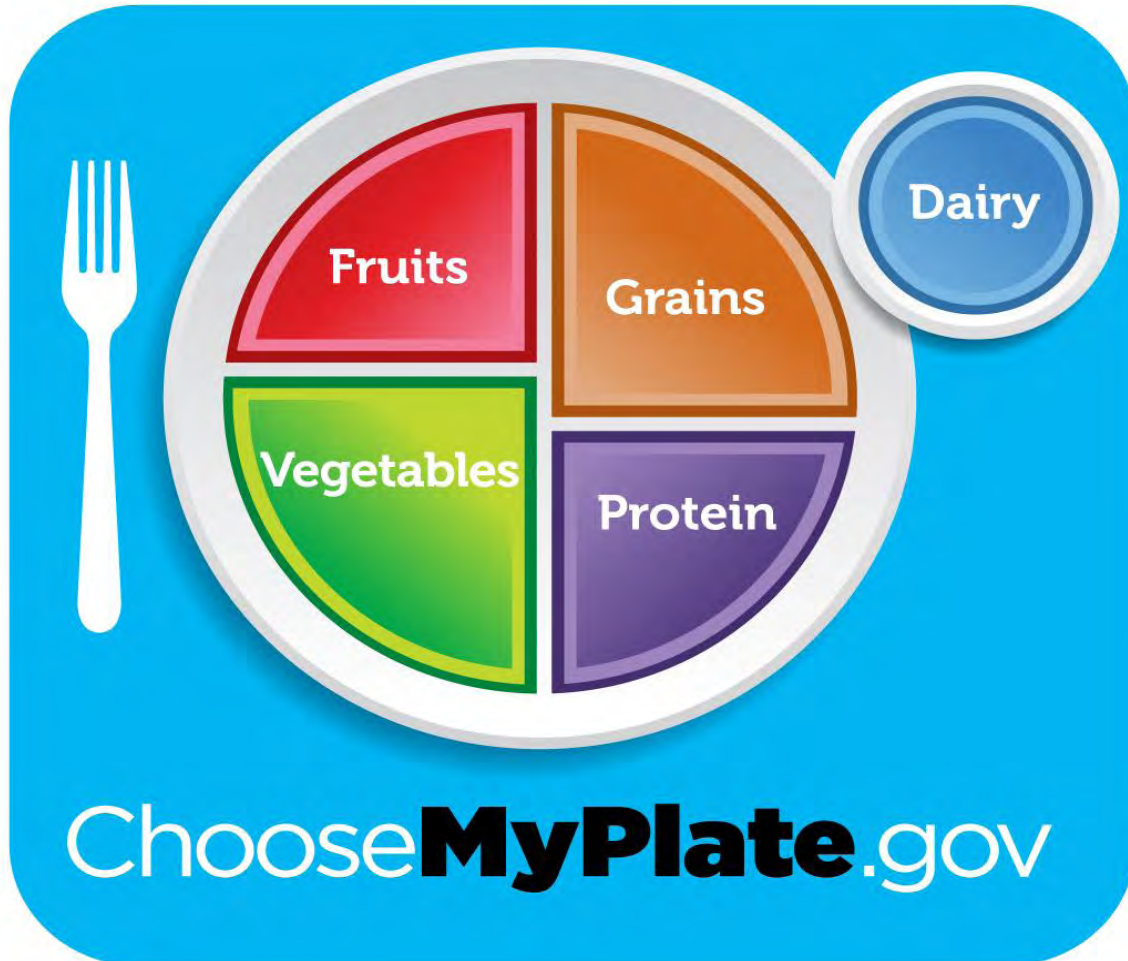
Change your eating environment.

- ✓ Eat with others.
- ✓ Do not eat while watching television or doing anything else that can take your attention away from your meal.
- ✓ Use tools like MyPlate to help you choose healthier foods in amounts that you need.





MyPlate



Source: U.S. Department of Agriculture, ChooseMyPlate.gov

- ✓ **Grains**- Make at least half of the grains you eat whole grains.
- ✓ **Vegetables** - Vary your veggies.
- ✓ **Fruits**- Focus on fruits.
- ✓ **Dairy** - Get your calcium-rich foods.
- ✓ **Proteins**- Go lean with protein.



MyPlate: Food Choices

This table shows examples of low-fat and high-fat/high-calorie foods for each group.

Food group	Low-fat and low-calorie foods (in ounce or cups)	High-fat, high-calorie, or high-sugar foods
Grains	<ul style="list-style-type: none"> 1 slice whole wheat bread or 6" tortilla ½ bagel, English muffin, pita bread 4 to 6 low-fat crackers ½ cup cooked cereal, whole wheat pasta, bulgur, or brown rice 1 cup dry, whole wheat cereal 	<ul style="list-style-type: none"> Croissants, sweet rolls, doughnuts, muffins, Danish pastries, biscuits, high-fat crackers, regular tortilla chips, fried tortillas Granola-type cereals or sugar-coated cereals
Vegetables	<p>½ cup serving equals —</p> <ul style="list-style-type: none"> 1 cup raw leafy vegetables ½ cup cooked vegetables ½ cup vegetable juice 	<ul style="list-style-type: none"> Vegetables with butter or margarine, cream, or cheese sauces Fried vegetables
Fruits	<p>½ cup serving equals —</p> <ul style="list-style-type: none"> 1 small fresh fruit (2.5" diameter) ½ cup canned fruit or 100% fruit juice ¼ cup dried fruit 	<ul style="list-style-type: none"> Fruits in pastry (example: fruit pies) Coconuts Dried fruit Juices or drinks sweetened with sugar Fruit canned in syrup Large amounts of any fruit juice
Dairy	<ul style="list-style-type: none"> 1 cup skim or 1% milk 1 cup low-fat soy milk or lactose-free milk 8 fluid ounce low-fat or nonfat yogurt 1½ ounce low-fat or nonfat cheese (less than 2 grams fat per ounce) 	<ul style="list-style-type: none"> 2% or whole milk Regular cheese (more than 2 grams fat per ounce) Yogurt with sugar
Proteins	<ul style="list-style-type: none"> 1 ounce cooked lean meat, poultry (without skin), or fish ½ cup tuna canned in water ¼ cup cooked dry beans, lentils, or peas 1 egg or ¼ cup egg substitute 1 Tablespoon peanut butter ½ ounce nuts or seeds 	<ul style="list-style-type: none"> Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts) Chicken or turkey with skin Tuna canned in oil Beans cooked in lard or salt pork



MyPlate: Low-Fat and Low-Calorie Choices

The food groups of MyPlate are listed below. Write down your ideas for low-fat food choices in each of these food groups.

Grains

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Vegetables

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Fruit

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Dairy

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Protein

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>





Rate Your Plate

In the table below, each row lists a different food group and each column represents 1 ounce or 1 cup (the number at the top is used to show how many servings those ounces or cups are adding up to).

1. Pick one day from last week's *Food and Activity Tracker*. Fill in that day's date in the chart below.
2. Check one box for every ½ ounce or ½ cup of each food group that you ate. The shaded boxes indicate the lowest number of ounces or cups suggested per day.
3. Record what you ate for the selected day. Start with breakfast and move through the day. Don't worry about being exact. We are just trying to get the general idea about healthy eating.

Date:												
	1		2		3		4		5		6	
	oz./cup	oz./cup	oz./cups	oz./cups	oz./cups	oz./cups	oz./cups	oz./cups	oz./cups	oz./cups	oz./cups	oz./cups
Grains												
Vegetables												
Fruit												
Dairy												
Proteins												



Eating As MyPlate Suggests

Write in the foods you would eat in one day for each of the food groups.

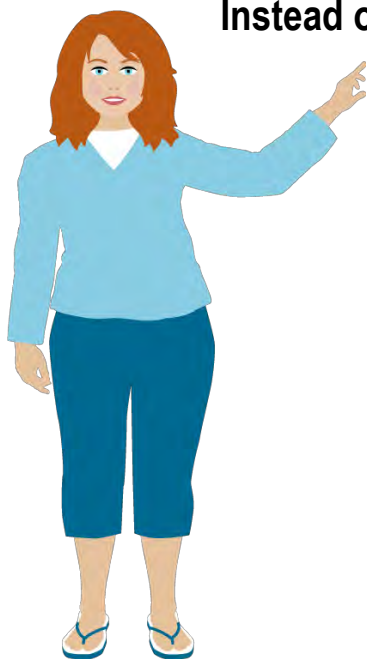
	Breakfast	Lunch	Dinner	Snacks
Grains				
Vegetables				
Fruit				
Dairy				
Proteins				



My Food Substitutions

Here are some choices we could make instead of high-fat or high-calorie foods:

Instead of high-fat foods —



Pick low-fat foods

- ✓ Choose fresh fruit and vegetables for snacks.
- ✓ Serve vegetarian dinners several times a week.
- ✓ Eat fruit for dessert.

Use low-fat versions of foods

- ✓ Use low-fat or fat-free margarine, mayonnaise, cheese, cream cheese, salad dressing, frozen yogurt, sour cream
- ✓ Use skim or 1% milk

Use low-fat flavorings

To flavor these foods	Use these low-fat flavorings
Vegetables, potatoes	Low-fat margarine (small amount), nonfat sour cream, nonfat broth, low-fat or fat-free plain yogurt, salsa, herbs, mustard, lemon juice
Bread	Nonfat cream cheese, low-fat margarine (small amount), all-fruit jams
Pancakes	Fruit, low-calorie syrup, unsweetened applesauce, crushed berries
Salads	Nonfat or low-fat salad dressing, lemon juice, vinegar
Pasta, rice	Spaghetti sauce with low-fat protein, chopped vegetables, white sauce made with skim or 1% milk



My Food Substitutions (continued)

Instead of high-fat foods —

❑ Find ways to lower the fat in the meats you eat

- ✓ Buy lean cuts (round, loin, sirloin, leg).
- ✓ Trim all the fat you can see.
- ✓ Remove the skin from chicken and turkey. This can be done before or after cooking.
- ✓ Choose white meat poultry.
- ✓ Drain-off fat after cooking meat, and blot the meat with a paper towel. Put ground beef in a colander after cooking and rinse it with hot water.
- ✓ Flavor meats with low-fat flavorings, such as BBQ sauce, hot sauce, catsup, lemon juice, or Worcestershire sauce.

❑ Avoid frying foods. Cook in healthier ways:

- ✓ Poach or boil eggs or egg whites, or scramble them with vegetable cooking spray.
- ✓ Use two egg whites instead of a whole egg.
- ✓ Microwave, steam, or boil vegetables in a small amount of water.
- ✓ Cook meats without adding fat (see ideas above).
- ✓ Bake, roast, broil, barbecue, or grill instead of frying.
- ✓ Stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or fat-free broth. Add thinly sliced meat. Stir until cooked well.



To-Do Next Week

During the next week, I will –

- Keep track of my weight and what I eat using my *Food and Activity Tracker*.

- Fill out the *Rate Your Plate* form on 3 days.

- Answer these questions before the next session.

Did you make any changes during the week to match the MyPlate guidelines with what you ate? If yes, what were they?

What problems did you have? How did you solve them?

- Practice Rating Your Plate

Use the extra forms on the pages that follow to compare what you ate with the choices of MyPlate.



Extra Rate-Your-Plate Forms

Date:												
	1 oz./cup		2 oz./cups		3 oz./cups		4 oz./cups		5 oz./cups		6 oz./cups	
Grains												
Vegetables												
Fruit												
Dairy												
Proteins												

Date:												
	1 oz./cup		2 oz./cups		3 oz./cups		4 oz./cups		5 oz./cups		6 oz./cups	
Grains												
Vegetables												
Fruit												
Dairy												
Proteins												



Session 5: Overview

Move Those Muscles

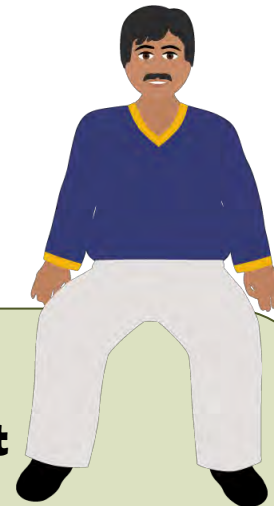
The physical activity goal for this program is 150 minutes, or 2 ½ hours, each week. You can do the activity in several ways (for example, 30 minutes for five days) or however else you want to do it!

The important thing to remember is that you will *work up to* 150 minutes a week. It's a *goal*. We will start with where you are, and we will increase your activity level slowly, steadily, and safely.

The Importance of Being Active

Being physically active has many benefits. It helps improve our general well-being by keeping weight off, improving our mood, increasing our energy and ability to get around, and reducing stress. It also improves muscle tone and helps us sleep better. Physical activity makes our heart, lungs, and bones stronger, and it may reduce back pain and injuries.

Being physically active also helps lower our risk for heart disease and some kinds of cancer. It can lower blood pressure and may help prevent type 2 diabetes.



Quick Fact

How important is physical activity?

Physical activity helps us in many ways.

It helps to control our blood glucose, weight, and blood pressure. It raises our “good” cholesterol and lowers our “bad” cholesterol. It helps prevent problems with our heart and blood flow. And, most importantly, for people with diabetes, it lowers the risk for heart disease and nerve damage.

Getting Started

Each of us is different, and we will start being active at different levels. Our current activity level does not matter. We will begin slowly.

Just as you are keeping track of your food intake, you will also keep track of your physical activity. Keeping track of physical activity is just as important as keeping track of what we eat.

Before you start any activity, think about how active you are now and how active you were in the past. Think also about your likes and dislikes when it comes to being active or inactive.

Thinking about all these questions will help you decide what you want to do and how much physical activity is best for you.



Physical Activity Goal

Goal: 150 minutes of physical activity each week.

- ✓ Work up to this goal *slowly*. It will take about 4 weeks.
- ✓ 150 minutes of activity will burn about 700 calories per week.
- ✓ Pick activities you *like*.
- ✓ Choose moderate kinds of activity, such as brisk walking.
- ✓ Spread the weekly total over 3, 4, or more days per week.





How Active Are You?

Before you begin a new physical activity routine, it is important to know how much activity you do now. It is also important to figure out what type of activity is best for you and how much. Answer these questions about how active you are right now.

1. How active are you now?

What do you do? Where you do it? Whom do you do it with? How long do you do it? How often do you do it?

2. What activities have you done in the past?

3. Why did you stop?

4. What do you like and not like about being active or being inactive?

	What I like about	What I do not like about
Being Active		
Not Being Active		



Benefits of Physical Activity

Being active has many benefits:

Physical activity can improve your general well being by —

- ✓ Helping you lose weight and keep it off
- ✓ Perking up your mood and self-esteem
- ✓ Helping with depression and anxiety
- ✓ Giving you more energy
- ✓ Making it easier for you to do things such as climb stairs and carry groceries
- ✓ Helping reduce stress
- ✓ Helping you sleep better

Physical activity can improve your physical fitness by —

- ✓ Improving muscle tone and body shape
- ✓ Strengthening your heart, lungs, bones, and muscles
- ✓ Making your joints more flexible
- ✓ Lowering your risk for back pain and injuries

Physical activity can improve your health by —

- ✓ Lowering your risk for heart disease and some kinds of cancer
- ✓ Raising your HDL cholesterol (the “good” kind)
- ✓ Lowering your triglycerides (the amount of fat in the blood)
- ✓ Lowering your blood pressure

Physical activity may lower your risk for type 2 diabetes by —

- ✓ Making your body better able to use insulin and therefore lower the level of sugar in your blood



Getting Started!

It is not always easy to start being more active. But we are here to help, and we will do it together!

Tips for making physical activity easier:

- ✓ Walk or do physical activity with another person.
- ✓ Have fun!

Plan activities you LIKE to do

We suggest **brisk walking**. It is easy to do and good for you.

What other activities might you like to do?





Wearing the Right Shoes

The type of shoes you wear is important. Here are some tips for making sure you have the best shoes for your needs.

Buy new shoes only if you need them

- ✓ You do not *need* to buy special shoes, if you have shoes now that fit well and support your feet. If you plan to buy shoes, here are some helpful hints:
 - Visit one or more stores you trust.
 - Try on different styles and brands.
 - Ask the salesperson to help you find a good fit.
 - Ask the salesperson to help you choose the shoe best suited for the kind of activity you want to do.

Look for a good fit

- ✓ Wear the kind of socks you will wear when you are active. Cotton is best.
- ✓ If possible, go to the store right after you have been active for a while. That way, your feet will be the size they are when you are warmed up.
- ✓ The shoes should feel good right away. Try them on and walk around. They should NOT need to stretch out later.
- ✓ One thumb should fit in the space between your longest toe and the end of the shoe.
- ✓ The heel should NOT pinch or slip around when you walk.
- ✓ The shoes should bend easily at the ball of your feet (just behind your toes).

Get the kind of support you need

- ✓ Shoes should match the shape of your foot and the way your feet strike the ground.
- ✓ Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This pattern can show the kind of support you need. For example, if the back of the shoe is worn down unevenly on the bottom, you may need extra support for arches or flat feet.



To-Do Next Week

During the next week I will –

Be active for _____ minutes.

- ✓ Ask a friend or family member to walk with me.
- ✓ Plan activities I *like* to do.

Keep track of my physical activity.

Day	What I will do	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total minutes for the week:		

Keep track of my weight, eating, and activity.

- ✓ Use my *Food and Activity Tracker*.
- ✓ Record only the time when I am doing an activity. Do not include breaks.



Session 6: Overview

Be Active — It's Your Choice!

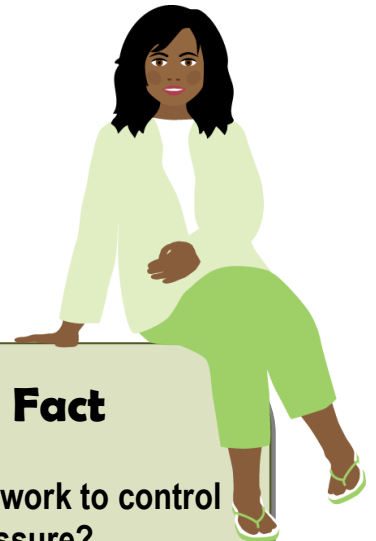
This session focuses on how to become more physically active as a lifestyle choice. We have lots of choices in life, and each of us can choose a healthy lifestyle if we want to. However, we have busy lives, and changing is not simple.

Finding the Time

Time is something we never seem to have enough of. This session will help you find time to be more physically active. If you struggle with finding the time, you may be surprised at the simple ways that you can include physical activity in your day.

Choosing an Active Lifestyle

Having an active lifestyle means making choices to move instead of to sit. For example, an active choice is to take the stairs instead of the elevator. An example of a not-so-active choice is to park your car as close to the entrance as you can. An active choice would be to park far away and walk to the entrance. These choices only take an extra minute or two, but they all make a difference and add up to a more active you.



Quick Fact

Why should I work to control my blood pressure?

By controlling our blood pressure, we can lower our risk for heart disease and stroke by one-third to one-half.

We can also lower our risk for eye, kidney, and nerve diseases by almost one-third.

Make it Work for You!

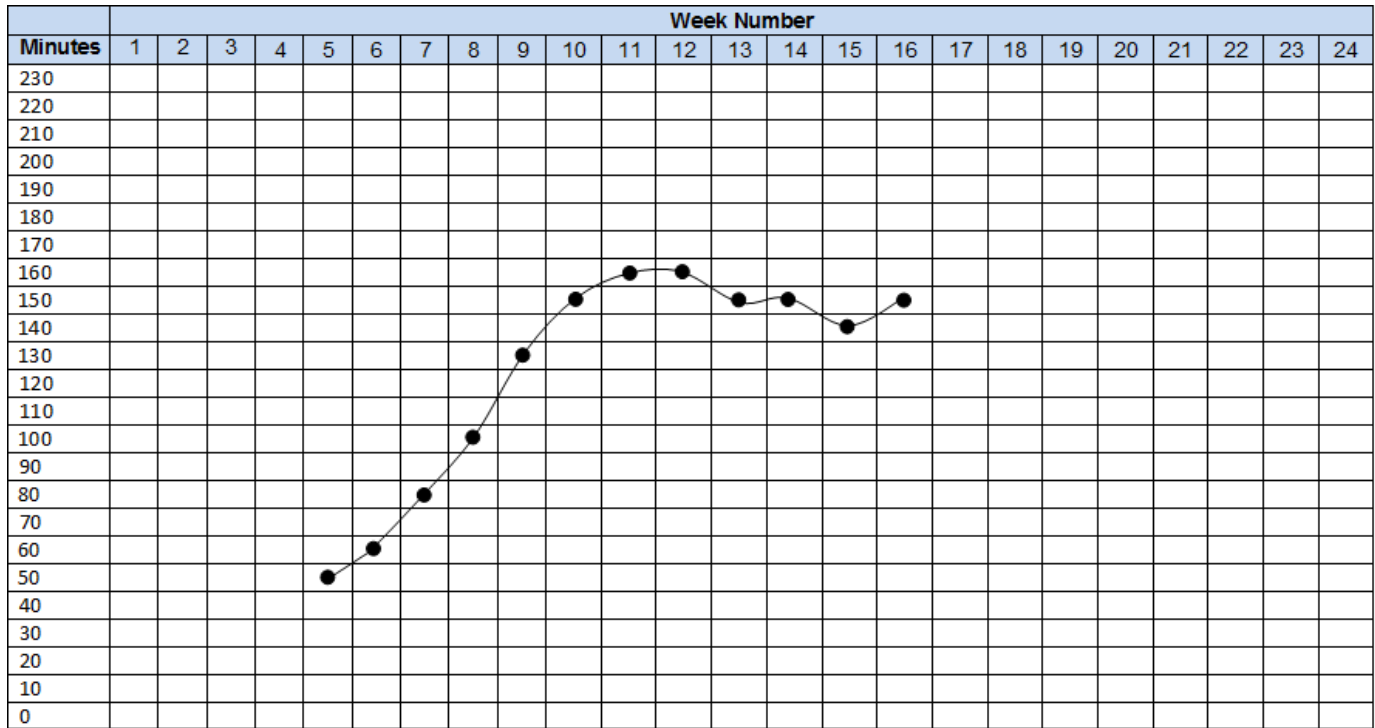
Being active doesn't have to mean trips to the gym or walking for a long time on a treadmill. You can be active anywhere. The place is not important. What is important is finding the time to be active and being active regularly throughout the day.

You'll be surprised at how easy it can be!



Sample How Am I Doing? Physical Activity

Name: Sandra Williams Start Date: 11-05-11 Min. Physical Activity Goal: 150 Minutes



Instructions

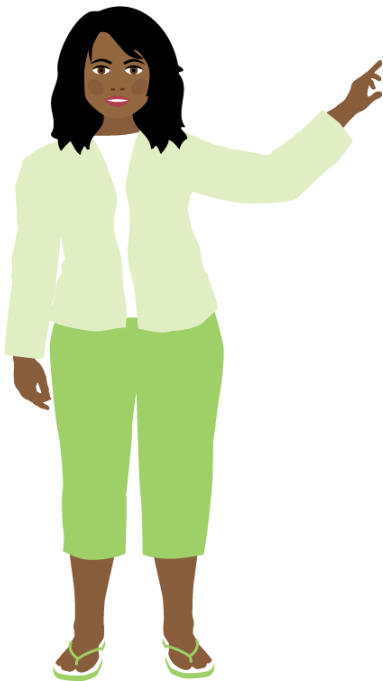
Each week, starting with Week 5, place a dot beside the total minutes you have been physically active for that week.



You Can Find the Time!

We all have busy lives. It seems we have little time for physical activity. But we can find the time. Here are tips on how to make time to be active.

1. Every day set aside one block of time to be active.



- Decide on a good time to set aside 20 to 30 minutes to do an activity you enjoy.
- If one block of time will not work, think about trying smaller blocks of time:
 - ✓ 10 minutes three times a day
 - ✓ 15 minutes twice a day
 - ✓ 10 minutes in the morning, 10 minutes in the afternoon, and another 10 minutes in the evening

2. Replace less active blocks of time with active ones.

- Walk for half an hour instead of watching an extra half hour of TV.
- Instead of reading a book seated, read while on an exercise bike.



Lifestyle Activity

This session is about making active lifestyle choices. All through your day, choose active options instead of less active ones. Every minute adds up to a "**more active you.**"

Here are some other ideas for active choices. Write in some of your own!



Active Choice
Take the stairs instead of the elevator.
Walk to the mailbox or a neighbor's house instead of driving.
Do some activity while watching TV. For example, ride an exercise bike or lift weights.
Walk around the outside of a store before going in.
Get off the bus a stop or two early and walk the rest of the way.



Keep it Safe

Being active is usually safe, but sometimes problems can come up. The best way to avoid problems is to prevent them. Here are some ways to prevent common minor injuries.

Prevent sore muscles or cramps

- ✓ Increase only **a little at a time** how often, how intensely, and how long you are active.
- ✓ Drink plenty of fluids (especially water) before, during, and after being active.
- ✓ Warm-up before every activity, and cool-down afterwards.

Warming up and cooling down should take only 5 to 10 minutes.

Do your planned activity, but more slowly or at a lower intensity, for 5 to 10 minutes.

Do a few minutes of gentle stretching.

If you do get a muscle cramp, treat it this way:

- ✓ Stretch the muscle, and then massage it. Repeat until the cramp goes away.
- ✓ If you still have pain, put **ice** on the pain for a few minutes. Then repeat the stretching and massaging.



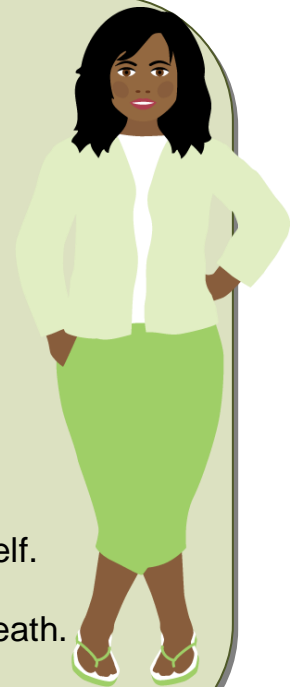
Keep it Safe (continued)

☐ Stretch those muscles!

- ✓ Stretching is one of the best ways to keep muscles from becoming sore, cramped, or injured.
- ✓ Stretching also helps you be more flexible and feel relaxed.

How to Stretch

1. Do a short warm-up *before* stretching.
2. Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
3. Hold the stretch steady for 15 to 30 seconds. Do **not** bounce.
4. Relax. Then repeat 3 to 5 times.
5. Stretch within your own limits. Do not push yourself.
6. Breathe slowly and naturally. Do not hold your breath.



Important!



Never stretch if you have pain before you begin. If a stretch causes pain, stop doing it. *Listen to your body!*



Safe and Easy Stretches

Here are some safe and easy stretches.

Arm Reaches

1. Stand up straight with your feet shoulder-width apart.
2. Counting to 5, stretch your right arm to the ceiling while keeping your feet flat on the floor.
3. Repeat with your left arm.
4. Do this 10 times. Then shake out your arms.



Arm Circles

1. Stand with feet shoulder-width apart, knees slightly bent.
2. Extend your arms straight out from the shoulders with your fingers spread and palms down. Keep your buttocks and stomach tight.
3. Rotate your arms in circles 10 times forward and then 10 times backward. Then shake out your arms.
4. Over time, work up to 20 circles in each direction.



Waist Bends

1. Stand up tall with your feet shoulder-width apart.
2. Bend to the right, bringing your right arm down the side of your body and left arm over your head. Look straight ahead and count to ten. Slowly return to the straight-up position.
3. Repeat the exercise, bending to the left side.
4. Over time, work up to 5 of these.





Safe and Easy Stretches (continued)

❑ Sitting Toe Touch

1. Sit on the floor with your feet placed flat against a wall, knees slightly bent. Reach out your hands and slowly stretch them toward your toes. Keep breathing.
2. Repeat 2 or 3 times to start.
3. Over time, work your way up to 10 of these.



❑ Back Press

1. Lie on your back with your knees bent and your hands clasped behind your neck. Keep your feet flat on the floor. Take a deep breath and relax.
2. Press the small of your back against the floor and tighten your stomach and buttock muscles. This should cause the lower end of the pelvis to rotate forward and flatten your back against the floor.
3. Hold for 5 seconds. Relax.

❑ Back Stretch

1. Lie on your back with your knees bent and your arms flat on the floor at your sides. Keep your feet flat on the floor. Take a deep breath and relax.
2. Grasp the back of one knee (not the top of the knee) with both hands and pull as close to your chest as possible. Return to the starting position.
3. Repeat with the other leg.





Safe and Easy Stretches (continued)

☐ Heel Cord (Achilles) Stretch

1. Stand facing a wall an arm's distance away, with your knees straight and your heels flat on the floor.
2. With your hands resting on the wall, allow your body to lean forward by bending your elbows slowly. Keep your legs and body straight and your heels on the floor.



☐ Calf Stretch

1. Stand straight with feet shoulder-width apart.
2. Step forward with your right foot, slightly bending your right knee. The front of your knee should be lined up with the front of your toes. Your left leg should stay fairly straight and your left heel should remain on the floor. Hold for 10-20 seconds.
3. Slightly bend your left knee. Hold for 10-20 seconds.
4. Repeat for the other side.



All photos and images for the stretching exercises are reproduced with the written consent of the University of Pittsburgh, Physical Activity Resource Center for Public Health www.parcph.org.



Treating an Injury

With proper stretching, and the right amount and type of activity for you, injuries should not be a problem. However, if you are injured while exercising, follow these tips.

If you get a sprain, strain, “pull” or bruise, remember R.I.C.E. (rest, ice, compression, elevation)

R.I.C.E.	What to do
R est	<ul style="list-style-type: none"> ✓ Stop doing the activity. ✓ Rest for a few days. This will stop some bruising and help with healing. ✓ Apply splints, tapes, or bandages if they are needed.
I ce	<ul style="list-style-type: none"> ✓ Wrap ice or cold compresses in an absorbent towel or cloth, and apply to the injured area. Ice reduces pain, bruising, and swelling. ✓ Hold the ice in place for 10 minutes. Then take it off for 10 minutes. ✓ Repeat the ice-on and ice-off schedule as often as you can during the first 24 to 36 hours after you're injured. <p>IMPORTANT: Make sure to wrap the ice or cold compresses in an absorbent towel or cloth before you apply them to the injured area. Unwrapped ice or ice wrapped only in plastic can cause frostbite and more injury.</p>
C ompression (Pressure)	<ul style="list-style-type: none"> ✓ Apply pressure by wrapping the injury with an elastic bandage. The bandage helps to reduce swelling and blood flow to the injured area. ✓ The bandage should be tight enough to reduce blood flow but not cut it off completely. Loosen the bandage if your toes or fingers begin to feel numb or lose their color.
E levation	<ul style="list-style-type: none"> ✓ Lift the injured area above your heart. Keep it elevated whenever possible, not just when it has ice on it. ✓ This technique helps reduce internal bleeding and stop pain and throbbing in the injured area.



Call your doctor —

- If the injury is serious.
- If you're not sure whether the injury is serious.
- If you cannot move the injured area, or there is sudden, severe swelling. These may be signs of a broken bone.



When to Stop Exercising

Being active is usually safe, but you should be aware of some signs and symptoms that mean you should stop exercising.

Chest pain or discomfort

✓ What is it?

Tight feeling of pressure, pain, squeezing, or heaviness in the chest

✓ Where in the chest?

The pain could be –

- ✓ In the center of the chest
- ✓ Spread throughout the front of the chest
- ✓ Radiating to the shoulders, arms, neck, or back

✓ What should I do?

Stop exercising. Sit or lie down.

- ✓ If the pain *does not* go away after 2 to 4 minutes, go to a hospital emergency room.
- ✓ If the pain *goes away* but returns each time you exercise, see your doctor.



Severe nausea, shortness of breath, sweating, or feeling faint

What should I do?

Call your doctor!

These symptoms may indicate something serious. However, sweating alone is not usually a concern. Severe sweating *plus* other symptoms should not be ignored.



To-Do Next Week

During the next week I will –

Be active for _____ minutes.

- ✓ I will set aside one 20 to 30-minute block of time every day. Or I will find two or more periods of 10 to 15 minutes each.
- ✓ I will plan other activities I *like* to do.
- ✓ I will warm up, cool down, and stretch.

Plan my activities for the week.

Day	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week:			

In my *Food and Activity Tracker*, I will record only the time that I am actually **doing** an activity. I will not record activities that last less than 10 minutes.

Keep track of my eating and weight.

- ✓ I will come as close to my fat gram goal as I can.



Session 7: Overview

About Calories

There is a reason we eat calories — our bodies need them to survive. They fuel everything we do, even our breathing. The number of calories we use for an activity depends on the type of activity, the amount of time we are active, and how much we weigh. The number of calories we use depends on our weight and how far and long we carry it.



The Calorie Balance

Calorie balance means that the calories we take in through eating and drinking should equal the calories we use through physical activity and our body's other energy needs (for example, breathing, digesting food, sleeping).

Energy Use Through Activity

A rule of thumb is that one mile of brisk walking uses about 100 calories. Most people walk a mile in 15 to 20 minutes. So you can see that it would take many miles to burn off a high-fat meal.



Quick Fact

Does eating too much sugar cause type 2 diabetes?

No. Type 2 diabetes is generally caused by a combination of genes and lifestyle.

Genes: Diabetes tends to run in families. Therefore, if one or more family members have diabetes, our chances of getting diabetes are higher than for people from families with no diabetes.

Lifestyle: Being overweight and inactive also puts us at risk for type 2 diabetes.

What to do: We cannot change our genes, but we can change our lifestyle and lower our risk.

Eating healthy meals and doing regular physical activity are the best ways to lower our weight and lower our risk for type 2 diabetes.

Tipping the Balance

How many calories and how much physical activity is needed to tip the balance in favor of losing weight?

The amount varies from person to person. This program has many tools to help you tip the balance in the healthy direction. Just remember, the best way to tip the balance is to *both* reduce the amount we eat and drink and increase the time we are physically active.

This Week - Tracking Your Calories

By keeping track of calories, you will learn which foods are highest in calories. You will also find ways to cut back.

If you haven't been tracking calories in this program, begin this week. Look up the calories for every food you eat, just like you look up the fat grams.



Understanding the Calorie Balance



The **calorie balance** is the balance between the calories (or energy) that you —

- ✓ Take in by eating
- ✓ Use by being active

Calories and Food

Calories are a measure of the energy value of food and drink. When we eat food, we take in calories. The number of calories in a food or drink depends on the amount of protein, fat, carbohydrates, and alcohol it contains. The chart below shows roughly the number of calories in a gram of each calorie source. Note that **fat** is the highest in calories per gram.

	Fat	Carbohydrates	Protein	Alcohol
Calories per gram	9	4	4	7

Calories and Activity

Calories also measure the energy we use up. Our body uses calories for all its functions, even breathing and sleeping. And of course, moving.

The rule of thumb for using up or burning calories by moving is shown here.

1 mile of brisk walking (15 to 20 minutes) = about 100 calories



Balancing Food and Activity

Your weight is a result of the **balance** between food (calories in) and **activity** (calories out). If we want to change our weight, we need to tip the balance in favor of fewer calories in and more calories out. The best way to do so is to eat less and be more active. Doing so will help us lose weight and improve our health.

Food Calories - Activity Calories

	Food Calories	Activity Calories
1. Your weight can stay the same . Calories in (food) are the same as calories out (physical activity).		
2. You will gain weight . Calories in are greater than calories out.		
3. You will lose weight . Calories in are less than calories out.		
4. You can reach a new balance at a new weight . Calories in are the same as calories out.		



Tipping the Balance

Eating and being active work together. To lose weight, it is best to eat less and move more. That way, you change both sides of the scale at once.

If...	Then...
You tip the balance by increasing activity and decreasing eating...	...You will lose the weight you want. And, over time, you will reach a new balance at a lower weight.
You make changes part of your <i>lifestyle</i>You will keep the weight off.

How Much to Tip the Balance?

Every 1 pound of body fat stores about 3,500 calories. To lose weight, we must reduce the number of calories we take in. Slow, steady weight loss is the best way to lose body fat. About 1 to 2 pounds per week is great.

This chart shows how many fewer calories are needed to lose between one and two pounds per week. The balance should be tipped by eating fewer calories, while also burning more through activity.

To lose:	Tip the balance by this number:
1 pound per week	3,500 fewer calories per week (or 500 fewer each day)
1 ½ pounds per week	5,250 fewer calories per week (or 750 fewer each day)
2 pounds per week	7,000 fewer calories per week (or 1,000 fewer each day)



NOTE: To have a healthy well-balanced diet, be sure that you do not eat fewer than 1,200 calories a day!



Review of Your Calorie Balance

We are nearly at the halfway point of this program, and you have already made many positive changes. List the changes you made so far in these areas:

Being more active:

Eating less fat and fewer calories:

Have these changes *tipped the balance*?

Your weight at the start of this program: _____

Weight now: _____ Expected weight by now: _____

If you have

Stayed at the same weight, or gained weight, then —

- ✓ Try something else to tip the balance.
- ✓ Work with your Lifestyle Coach to find a new way to work toward your goals.

Lost some weight, but not as much as expected, then —

- ✓ Good. You made progress.
- ✓ To lose more weight, try something new (for example, add an activity).

Lost as much weight as expected (or more), then —

- ✓ Great! You have tipped the balance.
- ✓ Keep tipping the balance, and you will keep losing weight.



To-Do Next Week

During the next week I will –

- Keep track of my weight, eating, and activity.**
- Be active for _____ minutes.**
 - ✓ Try setting aside one block of time or 2 or 3 shorter periods for physical activity.
 - ✓ Plan other activities you *like* to do.
- Plan my activities for the week.**



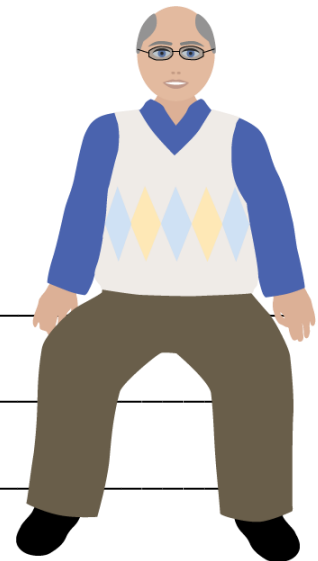
Day	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week:			

In your *Food and Activity Tracker*, write down only the time that you *are actually active*. Do not write down activities that last less than 10 minutes.



To-Do Next Week (continued)

- Make active lifestyle choices all through the day



- Tip the balance a little more by keeping track of calories and fat every day.
- Stay at or slightly under my fat gram goal.
 - ✓ Watch out for foods that are high in fat and calories.
 - ✓ Be sure to record *everything*.
 - ✓ Watch portion sizes.
- Stay at or go slightly over my activity goal.



Session 8: Overview

Understanding Cues

We often eat or drink because something triggers our desire for food. These triggers are called *cues*. Food cues affect how much we eat, and activity cues affect how much we move. Some cues are positive and lead to a healthy behavior. Other cues are a problem and lead us to overeat or be less active.

What Makes Us Eat?

Hunger is the most obvious one. But there are other triggers. Seeing other people eat makes some of us want to eat too. Maybe it's the sight or smell of food or the way we feel. Or maybe it's certain activities such as watching TV or a movie.

Taking Charge

When we respond to a food cue in the same way over and over again, we build a habit. When faced with the food cue, we respond without thinking. Once a habit forms, it becomes hard to break. Changing behavior requires us to take control and stay in control.



Quick Fact

What is prediabetes?

We have prediabetes when the glucose in our blood is higher than normal but not high enough for type 2 diabetes.

In the United States, 79 million adults have prediabetes, and 26 million have diabetes.



Change Can Happen!

Think about it. Food cues are all around us, and often we are unaware of how strong they are. The first step to overcoming the habit of eating too much is to become aware of our food cues and activity cues. You can learn to take charge of those cues, so they cannot stand in the way of meeting your goals.

Remember it takes time to break old habits and build new, healthier ones. Change does not happen overnight.

Think about the food and activity cues in your life.

Be aware of them, and use the information you learn during this session – and throughout this program – to break the cues.

As always, we will do it together!



What Makes Us Eat?

For each of us, the cues that make us want to eat are different.

Here is a list of some common cues:

- ✓ **Hunger**
- ✓ **What we are thinking or feeling**
- ✓ **What other people say and do**
- ✓ **Sight and smell of food**
- ✓ **Certain activities such as watching TV or seeing pictures of food in a magazine**



Here are examples of the effect that some common cues have on us.

Cue	Makes us want to eat
We see a carton of ice cream	Ice cream
We turn on the TV	Potato chips
We go to the movies	Popcorn

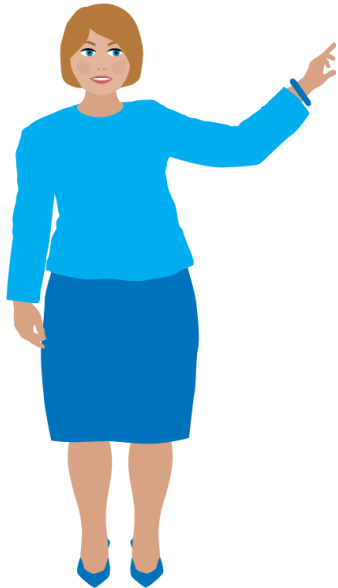


When we react to a food cue in the same way, over and over again, we build a *habit*.



Changing Food Cues and Habits

Food cues are not always bad. But they can be a problem if they get in the way of our efforts to eat less fat and fewer calories. Here are some ideas for dealing with negative food cues:



- Stay away from the cue.**
 - ✓ Or keep it out of sight.
- Build a new, healthier habit.**
 - ✓ Practice reacting to the cue in a healthier way.
 - ✓ Add a new cue that helps you lead a healthier life.
 - ✓ Remember, it takes time to break an old habit or build a new one.

Common problem food cues

At Home	At Work
<i>In the living room:</i> TV, computer, telephone, candy dishes	<i>On the way to work:</i> travelling by a bakery or fast food restaurant
<i>In the kitchen:</i> ready-to-eat foods (ice cream, cheese, cookies), food being cooked, leftovers	<i>In public areas:</i> high-fat or high-calorie foods (doughnuts, high-fat coffee creamers, candy) in vending machines
<i>In the dining room:</i> full serving dishes on the table, large dinner plates, leftovers on plates	<i>At desk:</i> unhealthy snacks brought from home



Changing Food Cues and Habits (continued)



Remember:

- ✓ **Keep high-fat and high-calorie foods out of your house and work place.**

Or, if you can't keep them out altogether, keep them out of sight. *Out of sight is out of mind.*

- ✓ **Keep low-fat and low-calorie choices easy to reach, in sight, and ready to eat.**

For example, keep these items easily available: fresh fruits, raw vegetables (already washed and ready to eat), nonfat dips, pretzels, low-fat popcorn, diet drinks, sugar-free gelatin, sugar-free popsicles

Limit your eating to one place. (for example, the kitchen table).

- ✓ **When you eat, do not do anything else.**

For example, do not eat while watching TV, reading the newspaper, or working on the computer.



Shopping Tips

Here are some tips to help you avoid food cues while shopping for food:



- ✓ **Make a shopping list ahead of time. Stick to the list!**
- ✓ **Avoid shopping when you are hungry.**
- ✓ **Avoid sections in the store that tempt you.**
- ✓ **Ask the grocery store manager to order low-fat and low-calorie foods that you want.**
- ✓ **Use food coupons for low-fat and low-calorie foods, not for high-fat foods.**



Activity Cues

To be active regularly, we need to add positive activity cues to our lives. Below are examples of positive and negative activity cues:

Add positive activity cues to your life.

- ✓ Keep the items listed below where you can see them most of the time:
 - *Exercise equipment:* shoes, gym bag, mat, bike
 - *Reminders and motivators:* calendar of planned activities, fitness videos and magazines, photos and posters of the outdoors or people being active
- ✓ Set up a regular activity date with a friend or family member.
- ✓ Set a timer or alarm to remind you when it's time to be active.
- ✓ Others: _____

Get rid of cues for being inactive.

- ✓ Reduce TV watching, or be active while you watch TV.
- ✓ Rather than pile things at the bottom of the stairs, climb the stairs each time something needs to be taken up.
- ✓ Others: _____
- ✓ Others: _____



You can make food and activity cues work for you, not against you.



To-Do Next Week

During the next week I will:

Remove one problem *food* cue.

- ✓ What problem food cue will I remove?

- ✓ What will I need to do to make sure I remove it?

- ✓ What problems might I have? What will I do to solve them?

Add one positive cue for *being more active*.

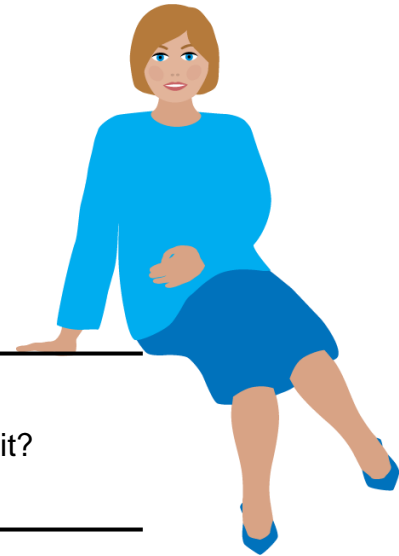
- ✓ What activity cue will I add?

- ✓ What will I need to do to make sure I add it?

- ✓ What problems might I have? What will I do to solve them?

Keep track of my weight, eating, and physical activity.

Do my best to reach my weekly goals.





To-Do Next Week (continued)

Before the next meeting, answer these questions:

1. Did you follow your plan? ___Yes ___No ___ Almost

2. What problems did you have? _____

3. What could you do in a different way next week? _____



Session 9: Overview

We All Have Problems

Sometimes we run into problems when we try to change our eating habits. However, by taking the right steps, we can solve those problems.

When working on changing our lifestyle to healthy eating and physical activity, our problems can be as small as a schedule change or as big as an injury. No matter what the problem is, we can take steps to keep it from getting in the way of progress toward our goals.

The Five Steps

Five steps to problem solving:

1. Describe the problem.
2. List all your options.
3. Pick what seems to be the best option, and try it.
4. Make a plan for putting the option into effect.
5. Follow the plan.



Quick Fact

What is the difference between type 1 and type 2 diabetes?

Type 1 diabetes is usually diagnosed during childhood or young adulthood. It was once called “juvenile diabetes.”

With type 1 diabetes, the body stops making insulin. As we know from Session 1, insulin is a hormone that changes the sugar (or glucose) in the food we eat into the energy we need to live.

Type 2 diabetes used to be called “adult-onset diabetes” because until recently few children had this form of the disease.

With type 2 diabetes, the body either does not use insulin effectively and eventually does not make enough insulin.

Why Do These Steps Work For Problem Solving?

Following these steps helps us to be more in control of unexpected setbacks. The steps also force us to be detailed in our search for solutions. Describing the problem helps us to see what we are truly dealing with. The steps also help us to break down the problem into small pieces that we can manage. Then we don't feel helpless to overcome the problem.

Thinking about and writing down all our options helps us to see the choices available to us. Picking the best option requires us to weigh the pros and cons and then to choose the option that we believe will work best for us.

Give It a Try!

Making a plan to put the best option into practice and trying it out are the final steps we take to solve our problem. We might not make the right choice at first because many events can get in the way of our being more active and eating less fat and fewer calories. But no need to panic! We *can* overcome our difficulties. We *can* lose weight and keep it off.

During this session, we will go over each problem solving step in detail.



Step 1: Describe the Problem in Detail

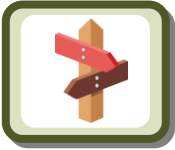
When describing the problem, do the following:

- Be specific.**
- Look at what led to the problem.**
- Find the action (or behavior) chain.**
- Try to see the links in the action chain. Look for —**
 - ✓ Cues that make you want to eat or be inactive.
 - ✓ People who do not support you.
 - ✓ Thoughts or feelings that get in your way.



Example: Sarah's Action Chain

- 1.** Did not eat lunch
- 2.** Boss was angry
- 3.** Felt stressed and anxious
- 4.** Came home tired, upset, and hungry
- 5.** Went right to the kitchen
- 6.** Saw cookies on counter
- 7.** Ate cookies



Step 2: Brainstorm Your Options

Think of all the options you have for overcoming the cues you listed in Step 1. Pair them with each event in the action chain that led to the problem.

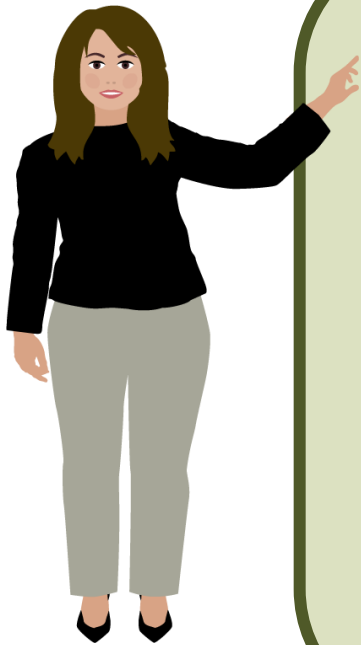
Events (Links) in Sarah's Action Chain	Some of Sarah's Options
Did not eat lunch.	<input type="checkbox"/> Pack a bag lunch.
Boss was angry. Sarah felt stressed and anxious.	<input type="checkbox"/> Talk with boss about solving the problems at work. <input type="checkbox"/> Quit job. (Just kidding, but not really.) <input type="checkbox"/> Take a break. <input type="checkbox"/> Get support from a co-worker.
Came home tired, upset, and hungry.	<input type="checkbox"/> Go for a walk after work to unwind. <input type="checkbox"/> Eat a healthy snack.
Went right to the kitchen.	<input type="checkbox"/> Enter house through different door. <input type="checkbox"/> Plan something to do immediately after arriving home. (For example, go out in the yard, clean a closet.)
Saw cookies on counter.	<input type="checkbox"/> Do not buy cookies. <input type="checkbox"/> If other family members have cookies in the house, keep them out of sight. <input type="checkbox"/> Keep fruit in sight.



Step 3: Pick One Option to Try

You have thought about a lot of options, and now it is time to pick one. Follow these guidelines for picking the best option for you.

- Weigh the pros and cons of each option.
- Choose one that is likely to work and that you can do.
- Try to break as many links as you can, as soon as possible.



Sarah's Example

- ✓ It will be much easier for me to control my eating in the evening if I eat lunch and do not come home hungry.
- ✓ I can avoid the cookies if I do not buy them in the first place.
- ✓ Even if I eat lunch, I may still come home hungry. If I do not buy the cookies, it will be easier to choose low-calorie snacks such as fruit when I get home.



Step 4: Make a Positive Action Plan

Your plan should include each action you will take to make a change in your eating cues. See the example below of the actions Sarah will take.

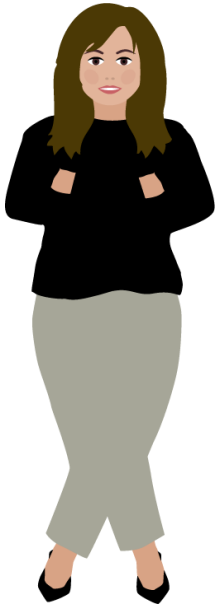
Your Plan	Sarah's Plan
I will . . .	<input type="checkbox"/> Pack a bag lunch.
When?	<input type="checkbox"/> Tuesday and Thursday of next week
I will do this first...	<input type="checkbox"/> Shop for food for the bag lunch. <input type="checkbox"/> Pack lunch the night before.
Roadblocks	<input type="checkbox"/> I might forget to pack or bring the lunch. If so, <ul style="list-style-type: none"> • I'll find a healthy lunch place with quick service. • I'll order a turkey sandwich for delivery.
I will do this to make my success more likely...	<input type="checkbox"/> Ask a friend who brings bag lunches to work to join me for lunch on Tuesday.



Step 5: Try it!

This final step is to put your plan into action.

Try your plan. Afterwards ask yourself these questions:



1. Did it work?
2. If not, what went wrong?
3. What can I do next time to make this plan work better?
4. What other plan can I try if this one will not work?

Problem solving is a *process*.

If your plan does not work, then try each step again. Look closely at the events that led to the problem, and try to find other options that will solve your problem.



Remember: Do not give up!



Problem Solving Practice

Create a plan for using the five problem solving steps, and write down the details of your plan in the space below.

1. Describe the problem in detail. Be specific.

2. Brainstorm your options.

Chain of events that lead to unhealthy eating	Options to overcome cues



Problem Solving Practice (continued)

3. Pick one option. Is it likely to work? Can you do it?

4. Make a positive action plan.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might occur:

I will handle them by:

I will do this to make my success more likely:

How can the Lifestyle Coach and other program participants help me to be successful?

5. Try it!



To-Do Next Week

During the next week I will –

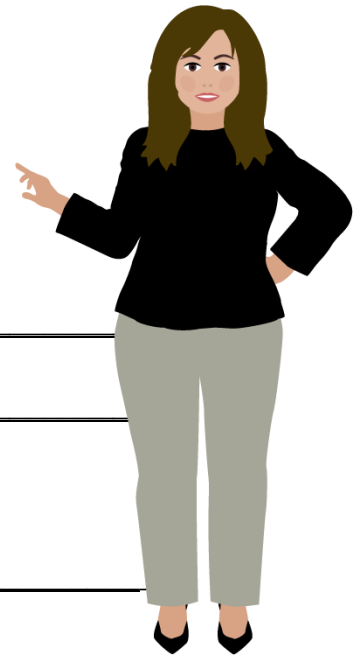
- Keep track of my weight, eating, and physical activity.**
- Try my positive action plan.**
- Answer these questions:**

Did my action plan work?

If not, what went wrong?

What could I do differently next time?

- Collect menus from restaurants that I go to, and bring them to the next session.**





Session 10: Overview

The Challenge of Eating Out

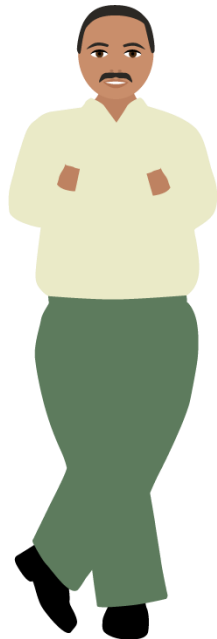
Eating out is a way of life for many people, but it can be a challenge for people who are trying to eat healthy. However, it can be done. It just requires some planning and careful choices.

What is involved?

Eating out successfully requires that you plan ahead.

In the restaurant, it is important to ask for what you want. Be firm, yet polite. It is in a server's best interest to try to give you what you want.

Asking for what we need, especially in public, does not come easily for some of us. So asking for and getting what you want takes practice.



Quick Fact

If you are overweight or obese, will you eventually get type 2 diabetes?

People who are overweight have a higher risk for type 2 diabetes than people of healthy weight. However, other factors also affect our risk for the disease. For example, the older we are, the higher our risk, and some racial groups are at higher risk than others (type 2 diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans, Native Hawaiians and other Pacific Islanders).

In addition, diabetes can run in families. So, if other members of our family have diabetes, our chances of getting the disease are higher than they are for people without diabetes in their family.

Too many people do not know all the factors that increase risk for type 2 diabetes; they think that being overweight is the only one. However, most overweight people never get type 2 diabetes, and some people with type 2 diabetes are at a normal weight or only a little overweight.

Making Good Choices

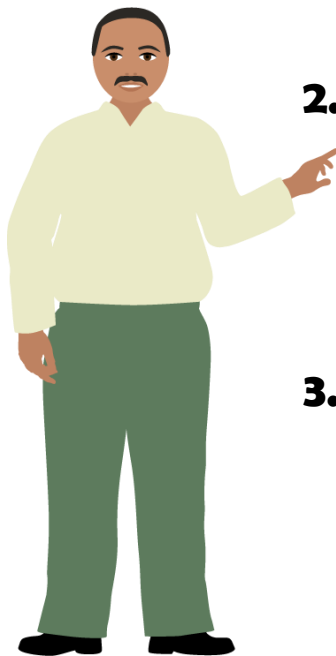
A big challenge to eating out is finding and making good food choices. Often, a restaurant, dinner party, or event will not have exactly what you want. Be creative, stay committed, and do not worry if the situation is less than perfect. You will learn from every situation and be more prepared in the future.



Four Keys to Healthy Eating Out

1. Plan ahead

Having a plan will help you prepare for difficult situations and handle them more easily. If you plan ahead, you are less likely to run into roadblocks.



2. Ask for what you want

It is up to you to ask for what you want. A good restaurant will want to meet your needs: after all, you are paying for the meal. Be firm and friendly.

3. Take charge of what's around you

Take steps to surround yourself with things that will support your goal of eating healthy, such as choosing a restaurant with low-fat options and going with people who support your lifestyle. If you can, remove the things that get in the way or tempt you.

4. Choose foods carefully

There are usually more food choices when you eat away from home. Take care when choosing foods and stay focused on your goals.



Plan Ahead

Here are some tips for how to plan ahead when eating out.

- ✓ **Call restaurants or go to their websites to find out about low-fat, low-calorie choices on the menu.**
- ✓ **Select a restaurant that offers low-fat, low-calorie choices.**
- ✓ **Eat less fat and fewer calories than usual during other meals during the day when you plan to eat out in the evening.**
- ✓ **Eat a small, healthy snack or drink a large, low-calorie or calorie-free beverage before you go out.**
- ✓ **Plan what to order before you get to the restaurant, and order without looking at the menu.**
- ✓ **Do not drink alcohol before eating.**
- ✓ **For parties or dinner parties, bring a healthy, low-fat, and low-calorie dish to share with others.**

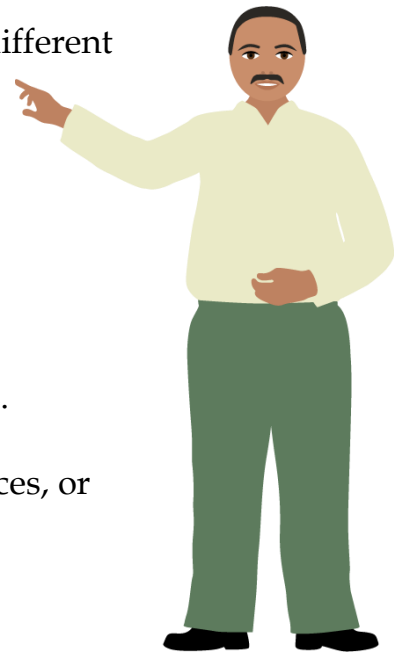


Ask for What You Want

Restaurants expect that people will ask for what they want, so find out about healthy food options. After all, you are paying for your meal!

Ask for the *foods* you want:

- ✓ Ask for low-fat, low-calorie foods.
- ✓ Ask if foods can be cooked in a different way.
- ✓ Do not be afraid to ask for foods that are not on the menu.



Ask for the *amounts* you want:

- ✓ Ask how large the serving size is.
- ✓ Order salad dressing, gravy, sauces, or spreads on the side.
- ✓ Ask for less cheese or no cheese.
- ✓ Split a main dish or dessert with someone.
- ✓ Order a small size (appetizer, children's size, half portion).
- ✓ Before or after the meal, have the amount you do not want to eat put in a container to take home.



Ask for What You Want (continued)

How to ask for what you want:

- ✓ Use a firm and friendly tone of voice that can be heard.
- ✓ Look the person in the eye.
- ✓ Repeat your needs until you are heard.
Keep your voice calm.

If the server brings you something you didn't ask for —

- ✓ Avoid being threatening or the opposite (wishy-washy).
- ✓ Be firm and friendly.

"This looks very nice. But I asked for broiled fish, not fried. Please may I have some broiled fish."



Take Charge of What's Around You

Here are some important tips for taking charge of what is around you that will help you continue to make healthy choices when you are not eating at home.

Be the first to order.

- ✓ You will be less likely to order unhealthy meals that other people order.

Keep foods off the table that you do not want to eat.

- ✓ Ask the server to remove bread and butter from the table.

Ask the server to remove your plate as soon as you finish.

- ✓ You'll be less likely to pick at the leftover food on your plate when you're already full.



Choose Your Food Carefully

Watch out for these **high-fat words** on menus.

Au gratin	Hollandaise
Breaded	Parmesan
Buttered or buttery	Pastry
Cheese sauce	Rich
Creamed, creamy, cream sauce	Sautéed
Fried, deep fried, French fried, batter fried, pan fried	Escalloped
Gravy	Scalloped
	Seasoned
	Southern style



Look for these **low-fat words** instead.

Baked	Poached
Broiled	Roasted
Boiled	Steamed
Grilled	Stir-fried

Use these tips for choosing your foods.

- ✓ Be cautious of sauces.
- ✓ Think about what you really *need* to eat.
- ✓ Trim fat off meat.
- ✓ Take skin off chicken.



What's On the Menu?

No matter which restaurant you go to, you can make low-fat, low-calorie choices. Be sure to ask the server how the food is prepared. Note that most restaurants serve a tossed salad – a low-fat choice if topped with lemon juice, vinegar, or a low-fat dressing.

Restaurant Type	GO! Low-fat choices	CAUTION! High-fat choices
Pizza	<ul style="list-style-type: none"> • Plain cheese pizza. Ask for half the cheese or low-fat cheese. • Onions, green peppers, mushrooms 	<ul style="list-style-type: none"> • Meat toppings such as sausage or pepperoni • Olives
Burgers (Fast Food)	<ul style="list-style-type: none"> • Broiled, extra lean burger • Grilled, broiled, or roasted chicken, without sauce 	<ul style="list-style-type: none"> • Large hamburger, cheeseburger • French fries • Fried fish or chicken • Sauces made with mayonnaise, cheese, or bacon
Mexican	<ul style="list-style-type: none"> • Heated (not fried) tortillas • Grilled chicken or beef fajitas • Soft tacos (corn or flour tortillas) • Salsa 	<ul style="list-style-type: none"> • Enchiladas • Chili con queso (Chili with cheese) • Fried tortillas, tortilla chips • Sour cream, guacamole • Crisp tacos
Chinese and Japanese	<ul style="list-style-type: none"> • Stir-fried chicken • Stir-fried vegetables • Steamed rice • Soup • Teriyaki 	<ul style="list-style-type: none"> • Egg foo yung • Fried chicken, beef, or fish • Fried rice or noodles • Egg rolls • Fried won ton • Tempura
Italian	<ul style="list-style-type: none"> • Pasta with meatless tomato sauce • Minestrone soup 	<ul style="list-style-type: none"> • Sausage • Lasagna, manicotti, other pasta dishes with cheese or cream • Fried or breaded dishes such as veal or eggplant parmesan
Seafood	<ul style="list-style-type: none"> • Broiled, baked, or boiled seafood with lemon • Plain baked potato 	<ul style="list-style-type: none"> • Fried fish • Hush puppies
Steakhouse	<ul style="list-style-type: none"> • Shrimp cocktail • Broiled chicken or fish • Plain baked potato 	<ul style="list-style-type: none"> • Steak (except trimmed, lean cuts) • Potatoes au gratin • Onion rings, other fried vegetables • French fries

Session 10: Four Keys to Healthy Eating Out



Fast Food *Can* be Low in Fat

Arby's		
Restaurant Item	Fat Grams	Calories
Junior Roast Beef Sandwich	8	210
Regular Roast Beef Sandwich	14	360
Ham & Swiss Melt	8	300
Cravin' Chicken Sandwich - Roast	12	370
Chopped Farmhouse Chicken Salad-Roast	13	250
Chopped Side Salad	5	70

Burger King		
Restaurant Item	Fat Grams	Calories
4-piece Crown-Shaped Chicken Tenders	11	190
Tendergrill Chicken Sandwich	18	470
BK Veggie Burger, no mayonnaise	7	320
Hamburger, no mayonnaise	10	260
Tendergrill Garden Salad, Fat-Free Ranch Dressing (without dressing)	7 (7)	290 (230)
Side Salad, Fat-Free Ranch Dressing (without dressing)	3.5 (3.5)	130 (70)
BK Fresh Apple Fries	0.5	70

Chick-Fil-A		
Restaurant Item	Fat Grams	Calories
Chicken Sandwich	17	430
Chargrilled Chicken Sandwich	4	290
Chargrilled Chicken or Spicy Chicken Cool Wrap	12	410
Hearty Breast of Chicken Soup	4	140
Chargrilled Chicken Garden Salad	6	180
Chargrilled & Fruit Salad	6	220
Southwest Chargrilled Salad	9	240
Side Salad	4.5	70
Carrot Raisin Salad, Medium	12	260
Fruit Cup, Medium	0	70
Yogurt Parfait	3	230

Session 10: Four Keys to Healthy Eating Out



Fast Food *Can* be Low in Fat (continued)

Domino's Pizza		
Restaurant Item	Fat Grams	Calories
Medium Cheese Pizza, 2 Slices	16	420
Medium Ham and Pineapple Pizza, 2 Slices	13	400
Medium Spinach Pizza, 2 Slices	13	370
Medium Mushroom Pizza, 2 Slices	13	370

KFC		
Restaurant Item	Fat Grams	Calories
Original Recipe Drumstick	7	120
Grilled Chicken Breast	8	210
KFC Snacker, Honey BBQ	3	210
House Side Salad, Fat-Free Ranch Dressing (without dressing)	0 (0)	50 (15)
Sweet Kernel Corn	0.5	100
Green Beans	0	20
Mashed Potatoes with Gravy	4	120
Coleslaw	10	180

Long John Silver's		
Restaurant Item	Fat Grams	Calories
Freshside Grille Smart Choice Salmon	7	280
Freshside Grille Smart Choice Tilapia	4.5	250
Grilled Pacific Salmon	5	150
Rice Pilaf	1	180
Breadstick	3.5	170
Cole Slaw	15	200
Vegetable Medley	2	50
Corn Cobette (without Butter Oil)	3	90

Session 10: Four Keys to Healthy Eating Out

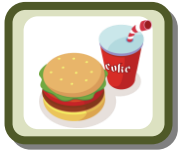


Fast Food *Can* be Low in Fat (continued)

McDonald's		
Restaurant Item	Fat Grams	Calories
Hamburger	9	250
Premium Grilled Chicken Classic Sandwich	9	360
Chicken McNuggets, 4-piece	12	190
Grilled Chicken Snack Wrap, Chipotle or Honey Mustard	9	260
Premium Southwest Salad with Grilled Chicken, no dressing (without chicken)	9 (4.5)	320 (140)
Premium Caesar Salad with Grilled Chicken, no dressing (without chicken)	6 (4)	220 (90)
English Muffin	3	160
Fruit & Maple Oatmeal (without brown sugar)	4.5 (4.5)	290 (260)
Side Salad	0	20
Fruit 'n Yogurt Parfait	2	160
Apple Dippers with Low Fat Caramel Dip	0.5	100

Pizza Hut		
Restaurant Item	Fat Grams	Calories
Medium Thin 'N Crispy, Veggie Lovers, 2 Slices	12	360
Medium Hand-Tossed, Ham 7 Pineapple, 2 Slices	12	400
Fit 'n Delicious Chicken, Mushrooms, & Jalapeno, 2 Slices	9	340
Fit 'n Delicious Green Pepper, Red Onion, & Diced Red Tomato	8	300

Subway		
Restaurant Item	Fat Grams	Calories
6" Ham (Black Forest, without cheese)	4.5	290
6" Sweet Onion Chicken Teriyaki	4.5	380
Turkey Breast on Flatbread	6	290
Roast Beef Salad, with Fat Free Italian Dressing (without dressing)	3.5 (3.5)	175 (140)
Roasted Chicken Noodle Soup	2	80
Vegetable Beef Soup	2	100
Egg White & Cheese Muffin Melt (with ham)	3.5 (4)	150 (170)



Fast Food *Can* be Low in Fat (continued)

Taco Bell		
Restaurant Item	Fat Grams	Calories
Fresco Crunchy Taco	7	150
Fresco Soft Taco	7	180
Fresco Ranchero Chicken Soft Taco	3.5	150
Fresco Bean Burrito	8	350
Fresco Burrito Supreme- Chicken	8	350
Cheese Roll-Up	9	190
Mexican Rice	3.5	120
Pintos 'n Cheese	6	170

Wendy's		
Restaurant Item	Fat Grams	Calories
Chili, Small	6	210
Ultimate Chicken Grill	7	360
Jr. Hamburger, no mayonnaise	8	230
Plain Baked Potato	0	270
Side Garden Salad, Fat Free Ranch Dressing (without dressing)	0 (0)	65 (25)

Sources:

Arby's: <http://www.arbys.com/>
 Burger King: <http://redesign.bk.com/en/us/menu-nutrition/index.html>
 Chick-Fil-A: <http://www.chick-fil-a.com/#nutritiondata>
 Domino's: <http://www.dominos.com/home/menu/lighteroptions.jsp>
 KFC: http://www.kfc.com/nutrition/pdf/kfc_nutrition.pdf
 Long John Silver's: http://www.ljsilvers.com/images/LJS_Nutritional_Information_2_11.pdf
 McDonald's: <http://nutrition.mcdonalds.com/nutritionexchange/nutritionfacts.pdf>
 Pizza Hut: <http://quikorder.pizzahut.com/QOcontent2/Files/PDF/NutritionInformation.pdf>
 Subway: http://www.subway.com/applications/NutritionInfo/index.aspx?WT.mc_id=C-SB-NAV&WT.mc_ev=mainNav-MenuNutrition
 Taco Bell: <http://www.tacobell.com/nutrition/information>
 Wendy's: <http://www.wendys.com/food/pdf/us/nutrition.pdf>



A Positive Action Plan

1. Describe a problem you have when you eat out.

2. Make a positive action plan.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might occur:

I will handle them by:

I will do this to make my success more likely:

How can program participants and the Lifestyle Coach help me?

3. Try it!



To-Do Next Week

During the next week I will –



Keep track of my weight, eating, and physical activity.

Try my positive action plan.

Answer these questions:

Did my action plan work?

If not, what went wrong?

What could I do differently next time?



Session 11: Overview

Overcoming Negative Thoughts

Positive thoughts are thoughts that make us feel good about our progress. Negative thoughts cause us to lose hope or to stand in the way of our progress. A negative thought is usually a criticism of ourselves. We become angry with ourselves for something as simple as eating a piece of cake or not going for a walk.

We are all human, so we all have negative thoughts from time to time. However, we must try to overcome them because they often lead us into doing even more eating and less activity rather than the reverse.



Quick Fact

Is it true that diabetes is linked to Alzheimer's disease?

Recent studies show that the risk for Alzheimer's disease is much higher for people with diabetes than for people without diabetes, especially for people with type 2 diabetes.

The link between diabetes and Alzheimer's disease may contribute to the loss of memory that people with chronic diabetes often suffer.

The Negative Spiral

Suppose you come home after a hard day at work. You think to yourself, "I am tired of working so hard. I am sick of this program. I can never eat what I want."

This negative thought might lead you to eat some potato chips. And then you think, "I did it again. I will never lose weight." So you go on to eat more chips. Does this sound familiar? We've all done this, so please don't give up just because you ate one or two unhealthy items.

If you begin to lose hope because of this chain of thoughts and unhealthy actions, take a deep breath and start again.

You are worth it!

The Habit of Negative Thoughts

Negative thinking can become a habit. For many of us, negative thoughts occur automatically. We tend to believe and act on our negative thoughts without being aware that we are doing so. One goal of this program is to help you recognize negative thoughts as they occur and to teach you to talk back to them.

Talking Back

Talking back to negative thoughts means that you must first catch yourself having the negative thought. Imagine saying "Stop!" to yourself, and picture a huge, red stop sign. Then, talk back with a positive thought. An example of a positive thought would be to praise yourself for what you've already accomplished. Doing so will help stop the cycle of negative thinking we all experience.



Negative Thoughts

Everyone has negative thoughts. This table helps explain the different types of negative thoughts.

Type of Negative Thought		Example
Good or Bad	<ul style="list-style-type: none"> • Divides the world into good or bad foods • Sees self as a success or failure • Is on or off the program 	"Look at what I did. I ate that cake. I will never be able to do well in the program."
Excuses	<ul style="list-style-type: none"> • Blames others for problems • Claims to not be able to help or control situations 	"I have to buy these cookies just in case friends drop in."
Should	<ul style="list-style-type: none"> • Expects to always make the right choice • Gets set-up for failure • Leads to anger 	"I should have eaten less dessert."
Not As Good As	<ul style="list-style-type: none"> • Compares self to someone else • Blames self for not doing as well as someone else 	"Martin lost two pounds this week, and I only lost one."
Give Up	<ul style="list-style-type: none"> • Beats self up • Often follows the other kinds of negative thoughts 	"This program is too hard. I might as well forget it."



Talking Back to Negative Thoughts

We can talk back to negative thoughts. Here are some examples of how it works for the different types of negative thoughts.

General way to stop negative thoughts:

1. Catch yourself. Think, "I am being negative about myself."
2. Say "Stop!" to yourself. Say it out loud. Picture a huge, red stop sign.








Negative thought	Talk back with a positive thought
<p>Foods are either “good” or “bad.” "I can never eat dessert again." "Look at what I did. I ate that cake. I will never do well."</p>	<p>Work toward balance "I can eat dessert and cut back on something else." One slip-up is not the end of the world. I can get back on track."</p>
<p>Excuses "It is too cold to take a walk." "I do not have the willpower."</p>	<p>It’s worth a try "I can go for a walk and stop if it gets too cold." "It is hard to change old habits, but I will give it a try and see how it works."</p>
<p>Should "I should have eaten less dessert." "I haven’t written down everything I eat."</p>	<p>It is my choice "It was my choice. Next time I can decide not to eat so much." "I'm writing down everything I eat because it helps me eat better."</p>
<p>Not as good as "Martin lost two pounds this week, and I only lost one."</p>	<p>Everyone is different "It is not a race. Martin and I can lose weight at different rates and both do well."</p>
<p>Give up "This program is too hard. I might as well forget it." "I will never get it right."</p>	<p>One step at a time "I've learned something about what is hard for me." "I will try something different next time."</p>



Practice Talking Back

Follow these steps to practice replacing a negative thought with a positive one:

- 1.** Write below the negative thoughts you've had.
- 2.** Say each thought out loud. Then say, "Stop!"
- 3.** Talk back, again out loud, with a positive thought.
Write down the positive thought.

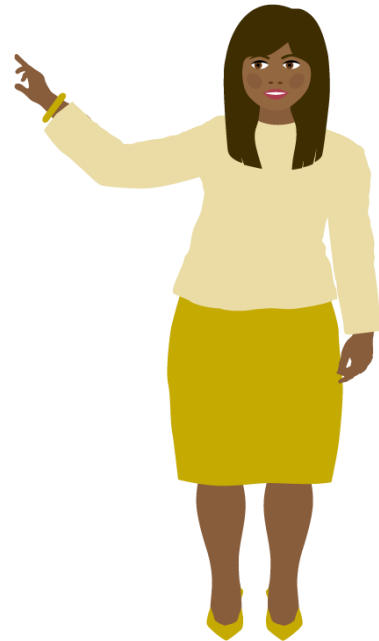
Negative thought	STOP!	Positive thought
		
		
		
		
		
		
		



To-Do Next Week

During the next week I will –

- Keep track of my weight, eating, and physical activity.**
- Catch myself when I have negative thoughts.**
 - ✓ I'll practice stopping the negative thoughts and talking back with positive thoughts.
 - ✓ I'll write down the positive thoughts in my *Food and Activity Tracker*.





Session 12: Overview

Slips

We know that sometimes change is hard. It is not easy to be the best we can be. Nobody is perfect, and slips happen.

What are slips?

Slips are times when we do not follow our plans for healthy eating or being active. Slips are normal. If you haven't already had a slip, you will surely have one in the future. However, no need to worry. Slips do not always hurt our progress. What hurts our progress is the way we react to slips.

Why do we slip?

Because we're human. However, different things cause different people to slip. We talked about cues that make us eat or not be active. Moods or feelings cause many of us to slip from healthy eating. Some of us overeat when we are happy. Some of us overeat when we are bored. What causes us to slip is a habit, something we learned over time.



Quick Fact

What does diabetes cost us?

- Having diabetes is expensive, mainly because of the many complications associated with the disease.
- The medical costs for a person with diabetes average nearly \$12,000 a year. That amount is more than double the medical expenses of people without diabetes.
- Each year in the United States, the costs associated with diabetes total more than \$200 billion.

What if we slip?

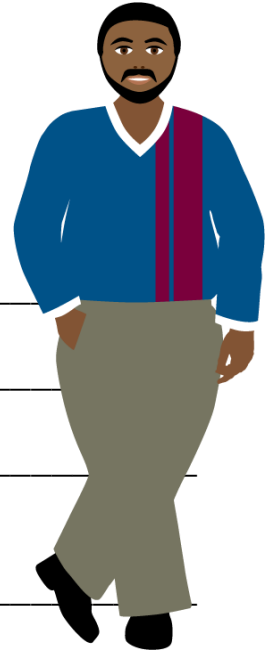
The way we react to slips is also a habit. We can learn a new way to react to slips that will get us back on our feet again. Here are some suggestions:

- Talk back to negative thoughts with positive thoughts.
- Ask yourself what happened. Why did I overeat? Why did I not go for a walk?
- Take back control as soon as you can.
- Talk to someone who can support you.
- Focus on all of the positive changes you made.

Just remember this: give yourself permission to fall short once in a while.



Progress Review



Changes you made to be more active:

Changes you made to eat less fat and fewer calories:

Have you reached your weight goal? Yes No

Have you reached your activity goal? Yes No

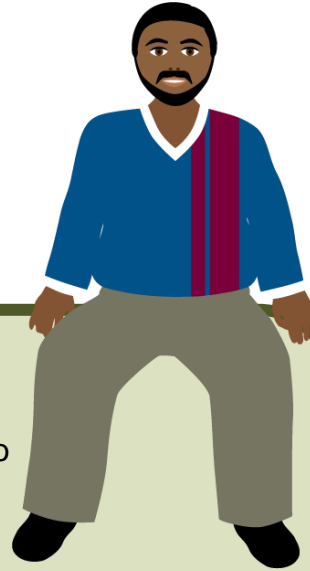
If you have not met one or both of these goals, what will you do to increase your progress?



The Slippery Slope of Lifestyle Change

Slips are times when we don't follow our plans for healthy eating or being active. They are –

- ✓ A normal part of lifestyle change.
- ✓ To be expected.



Slips do not hurt our progress.

What hurts our progress is the way we *react* to slips. What causes us to slip is a habit, something that we learned over time.

The way we react to slips is also a habit. We can learn a new way to react to slips to get back on our feet again.

What causes me to slip from healthy eating?

What causes me to slip from being active?



After a Slip

As you go forward with this program, remember two things: slips are normal and are to be expected. Just about everyone who tries to lose weight and be more active has slips. A slip is not a problem. Just get back on your feet, and continue to work toward your goals.

Overeating once, no matter how extreme, will NOT ruin everything.

So after you slip:



1. Talk back to negative thoughts with positive thoughts.

Negative thoughts are your worst enemy. Talk back. "I am not a failure because I slipped. I am back on my feet again."

2. Ask yourself how the slip happened.

Learn from the slip. Can you avoid the cue in the future? Will you be able to handle the situation better?

3. Regain control immediately.

Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

4. Talk to someone supportive.

Call your Lifestyle Coach or another friend and discuss your new plan for handling slips. Commit yourself to a new effort.

5. Focus on all the positive changes you made.

You are making lifelong changes, and slips are just part of the process.



Slips from Healthy Eating: Action Plan

To avoid slips from your healthy eating, spend a moment thinking about how you slipped in the past, and how you might handle similar situations better in the future.

1. Describe one thing that caused you to slip from healthy eating:

2. How can you avoid it in the future? If so, how?

3. Make a plan for how to get back on your feet the next time you slip:

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:

I will handle them by:

I will do this to make my success more likely:

How can the program participants and my Lifestyle Coach help me?



Slips from Being Active: Action Plan

To avoid slips from being active, we can learn from past experience. Think about the situations that caused you to slip from being active in the past and how you might handle similar situations now.

1. Describe one situation that caused you to slip from being active:

2. How can you avoid similar situations in the future? If so, how?

3. Plan for how to get back on your feet the next time you slip:

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:

I will handle them by:

I will do this to make my success more likely:

How can the program participants or my Lifestyle Coach help me?



To Do Next Week

During the next week I will —

- Keep track of my weight, eating, and activity.
- Use my two action plans for handling slips.
- Answer these questions:

- ✓ Did my action plans work?

- ✓ If not, what went wrong?

- ✓ What could I do differently next time?





Session 13: Overview

Jump Start Your Routine

After a while, your activity routine might become a little boring. Boredom is a problem because it may cause you to slip back into old habits. It is important to do something to keep your routine fresh and fun. Find ways to jump start your activity routine, giving it new energy. This will also help you to maintain your weight goal.

Adding Variety

You may choose not to do the same activity day in and day out, every season of the year. You are making lifelong changes, and being active is something you will be doing for the rest of your life. Build some variety into your routine, and find ways to make it fun.

Improving Your Aerobic Fitness

As you increase your aerobic activity, you will also improve your aerobic fitness. As you exercise your heart, it will become stronger over time. As your heart becomes stronger, you will notice that it is easier for you to do things, like walking up stairs while carrying groceries.



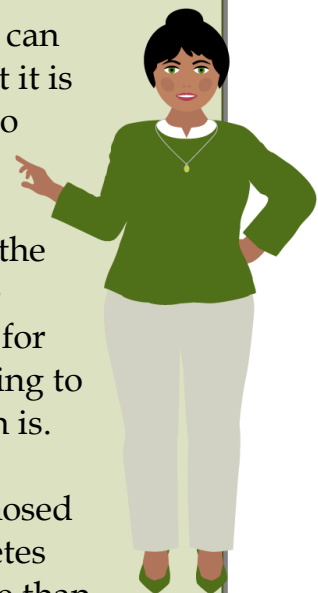
Quick Fact:

I heard that people with diabetes cannot get life insurance. Is this true?

People with diabetes can get life insurance, but it is expensive and hard to find.

In the United States, the law allows insurance companies to charge for life insurance according to how healthy a person is.

Anyone with a diagnosed disease such as diabetes will have to pay more than a person who is completely healthy.



Be F.I.T.T.

F.I.T.T. stands for —

Frequency of activity: how often we are active.

Intensity of activity: how hard our heart has to work during the activity.

Time of activity: how long we stay active.

Type of activity: what we are doing.

We talked about frequency, time, and type before.

Now we will focus on intensity: how hard your heart is working. This is the final part of this aerobic puzzle.



Ways to Prevent Boredom

If you get bored doing one activity, you might slip back into old habits of not being active. Think about ways to prevent boredom. Some are listed below. You can add examples that would work for you.



Ways to prevent boredom	Examples
Do something new.	
Do the same activity in a new place.	
Be active as a way to be social.	
Make being active fun.	
Challenge yourself.	



Improving Your Aerobic Fitness

So far, we have focused on the “time” part of your physical activity program.

Your goal was to achieve at least 150 minutes of physical activity, spread out over the week. But how about *intensity*, or how hard you are working? The *intensity* of physical activity is the level of effort we use during the activity.

Heart rate is a good measure of intensity. Raising the intensity of our physical activity increases our heart rate and improves how well our heart works.

The heart is a muscle. And just as with any muscle, we must exercise it to make it stronger. We exercise the heart by making it beat faster than normal.

As your heart becomes stronger, you’ll notice that it’s easier for you to do things, like walking up stairs while carrying groceries. The reason is that, as your heart becomes stronger, your aerobic fitness improves. **Aerobic fitness** means that your heart does a good job of pumping oxygen through your blood to your other muscles (for example, the muscles in your arms and legs).

You should always check with your doctor when you plan to make major increases in the intensity of your physical activity.





F.I.T.T. Principles



Not all forms of activity will strengthen your heart. Only activities that are “F.I.T.T.” will work the heart muscle. The following principles describe how activity should take place to get the most benefit.

F.I.T.T. Principle	Making it Work
<p>Frequency How often you are active</p>	<p>Try to be active most days. We suggest being active at least 3 days a week, but 5 to 7 days is even better. Increase the frequency slowly.</p>
<p>Intensity How hard you work while active: how fast your heart beats</p>	<p>While you’re active, you should breathe fast enough so that you can talk but not sing.</p> <p>If you can sing, go faster! If you have trouble breathing and talking, slow down.</p> <p>As you do regular activity over time, your heart will not beat as fast and you will need to do a more challenging activity in order to get the same benefits.</p>
<p>Time How long you are active</p>	<p>Stay active for at least 10 minutes at a time. Slowly increase to 20 minutes or more at a time. You want to continue increase your activity time slowly.</p> <p>The total minutes of physical activity per week should add up to your activity goal of 150 minutes or more per week.</p>
<p>Type What you are doing</p>	<p>Do activities that make you breathe faster for at least 10 minutes each day. One way to do this is to walk fast. Any <i>intense</i> activity that uses large muscles, such as legs and arms, will make your heart beat faster.</p>



How hard are you working?

By paying attention to our bodies, most of us can tell how hard we are working. Rate yourself on the scale below, by checking the box that shows how you feel when you are active.

How hard are you working?			
Intensity	Rating	Description	F.I.T.T. Range
Very, Very Light		"I am not working hard at all. I can talk and even sing easily."	Try working a little harder.
Very Light			
Fairly Light		"I am working and breathing a little harder than usual. I can still talk easily."	<div style="text-align: center;">  Stay in this range.  </div>
Somewhat Hard		"I am working and breathing somewhat hard. I can talk fairly easily."	
Hard		"I'm working hard and breathing deeply. I can still talk."	
Very Hard		"I'm working very hard. I cannot catch my breath or talk."	Slow down. Rest for a while.
Very, Very Hard			



To-Do Next Week

During the next week I will –

- Keep track of my weight, eating, and activity.
- Do my best to be active for _____ minutes.
- Maintain a working level that stays (at least) in this range (check one):
 - Fairly light
 - Somewhat hard
 - Hard





Session 14: Overview

The Power of Social Cues

Social cues are occasions that trigger us to behave in a certain way when we're around other people. For example, watching a football game with friends is a social cue for many people to eat snacks and drink beer or soda. Social cues sometimes make it hard to stay on track with healthy goals.

Our responses to social cues are usually habits we've formed over a long time. Usually those habits are hard to change. However, this program will show you how to do so.

Dealing with Social Cues

The best way to overcome social cues is to stay away from them. But staying away is not always possible. In such a case, we can try changing the cue or responding differently to it.

Not all social cues are problems, however. Some social cues will help you eat healthier and be more active.

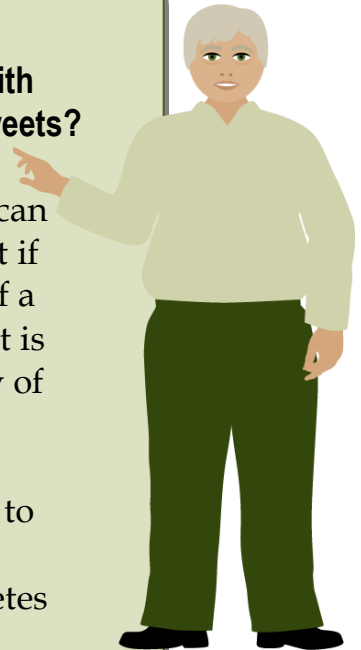


Quick Fact

Is it true that people with diabetes cannot eat sweets?

People with diabetes can eat sweets and dessert if those foods are part of a healthy meal plan that is combined with plenty of physical activity.

Sugar is not off limits to people with diabetes. But people with diabetes must be careful about how much sugar they eat.



The Special Events Challenge

Social cues are particularly strong at special events such as parties, holidays, or vacations. In addition, having guests in our home or being a guest in someone else's home can give us an excuse to overeat. Try to expect the difficulties that may occur, and plan ahead.

Staying the Course

Remember that it takes time to break an old habit or to build a new one. Change does not happen overnight. With social cues, at least two people are involved in making a change: you and someone else.

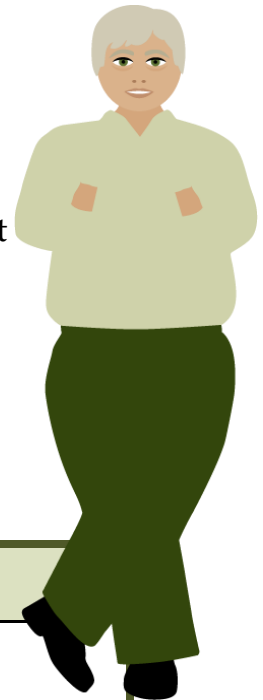
Having another person involved makes the change more difficult because we cannot expect other people to adjust instantly to our new way of thinking. Stay positive. Think of every social event as a chance to learn what works well for you and what does not.

Remember, you are building healthy habits for a lifetime.



Examples of Social Cues

Social cues are occasions that trigger us to behave in a certain way. They involve other people, not just ourselves. When we react to a social cue in the same way over and over, we build a habit. The other person has *also* learned a habit. When two people are involved, breaking a habit is even harder than when it is just you who must adjust to change.



Problem social cues	Examples in your life
The sight of other people eating problem foods or being inactive.	
Being offered (or pressured to eat) problem foods. Being invited to do something inactive such as watch a movie and eat popcorn.	
Hearing complaints, especially about eating or not eating something.	



Examples of Social Cues (continued)

Not all social cues are problems, however. Below are some examples of helpful social cues:

Helpful social cues	Examples
The sight of other people eating healthy foods or being active.	
Being offered healthy foods or invited to do something active.	
Being praised.	



Dealing With Problem Social Cues

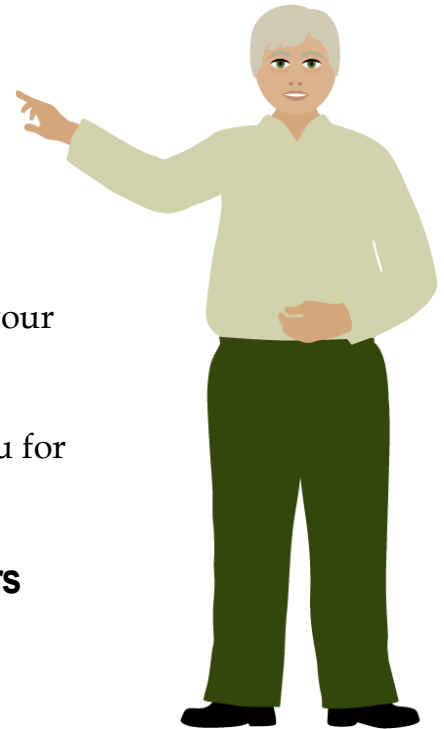
We can change social cues. Or we can change how we react to them.

Stay away from the cue, if you can.

- ✓ For example, move to a different room when someone is eating a tempting food.
- ✓ Spend time with people in ways that do not involve eating.

Change the cue, if you can.

- ✓ Discuss the problem with those involved.
- ✓ Think of other options.
- ✓ Tell the other person about the program and your efforts to lose weight and be more active.
- ✓ Ask others for support. Ask them to praise you for your efforts and to ignore your slips.



Practice responding in healthier ways to offers of unhealthy food.

- ✓ Say “No, thank you.”
- ✓ Respond in a gentle but firm manner.
- ✓ Suggest something they can do to help you. For example, “No, thanks. But I would love a glass of ice water or a diet soda.”



Remember, it takes time to change habits.



Social Cues at Special Events

Social cues are powerful at special events such as parties or weddings. Sometimes, social events can —

- ✓ Upset our routine.
- ✓ Challenge us with unusual food and social cues.
- ✓ Involve habits that were formed over many years and so are strong.

To manage social cues at special events, try these ideas:

Options	Examples
Plan ahead.	<ul style="list-style-type: none"> ✓ Eat something before the event, so you won't be hungry. ✓ Plan your meal in advance. ✓ Budget your fat grams ahead of time. Plan to eat the best (in small portions) and leave the rest. ✓ Bring a tasty, low-fat dish to share.
Stay away from problem cues.	<ul style="list-style-type: none"> ✓ Stand as far away as you can from the table with the food. ✓ Keep your hands busy with a glass of water, coffee, tea, or diet soda. ✓ Watch the alcohol. It lowers your willpower and makes you hungry. ✓ Clear the table as soon as possible after a meal, and put the food away.
Change problem cues.	<ul style="list-style-type: none"> ✓ Discuss your goals with your family, friends, guests, host, or hostess. ✓ Ask others to praise your efforts and to ignore your slips.
Respond to problem cues in a more healthy way.	<ul style="list-style-type: none"> ✓ Practice a polite but firm, "No, thank you." ✓ Suggest something else they can do to help you. "No thanks, but I would love a glass of ice water or a diet soda."
Add helpful cues.	<ul style="list-style-type: none"> ✓ Serve healthy foods at home. Bring healthy foods to share at other people's homes. ✓ Use low-fat products to lower the fat in favorite recipes. Try some new, low-fat recipes. ✓ Ask a friend or family member for support (split dessert with you, take a walk together, offer you healthy food choices). ✓ Plan things to do that are active and don't involve food.



Adding Helpful Social Cues

Some social cues are helpful for staying on track. Here are a few:

- Spend time with people who are already active and make healthy food choices.
- Put yourself in places where people are active.
- Set up a regular date with others to be active.
- Ask your friends to call you to remind you to be active.
- Bring a low-fat or low-calorie dish to share when you go to a dinner party.
- Be the first to order when you eat out at a restaurant.
- Be social by doing something active. Take a walk and talk.
- Other: _____
- Other: _____
- Other: _____



Getting Support from Others

Take a minute to think about who supports your goals or who would support your goals if you asked them to. What do they do, or what could they do to help you? Write the name of a person who can help you next to the way they can help. There is also space to add other ways people can support you.

Ways Others Can Help Me Eat Healthy	People Who Can Help
Serve low-fat or low-calorie foods for meals.	
Eat low-fat or low-calorie foods when I am nearby.	
Not tempt me with problem foods as a reward or gift.	
Clear the table and put away food as soon as the meal is over.	
Help with cooking, shopping, or cleaning up after meals.	
Not offer me second helpings.	
Encourage me to cook new foods.	
Praise my efforts to eat healthier foods.	
Other:	
Other:	

Ways Others Can Help Me Be More Active	People Who Can Help
Go for a walk or do other physical activities with me.	
Plan social events around being active.	
Compromise when my being active conflicts with their schedule.	
Praise me when I do my planned activity. Do not remind me if I do not.	
Babysit for me so I can take a walk.	
Set up a regular date with me to be active.	
Encourage me to go for a walk, if I am hesitant about whether to go.	
Work to achieve and maintain the program goals with me.	
Other:	
Other:	



My Problem Social Cues

1. Describe a social cue that is a problem for me.

2. Pick one idea from this session for changing the problem social cue. Choose one that is likely to work and that I can do.

3. Create a positive action plan.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:

I will handle them by:

I will do this to make my success more likely:

How can the program participants or the Lifestyle Coach help me?



My Helpful Social Cues

1. Describe a helpful social cue you want to add to your life.

2. Pick one idea from this session for adding that social cue. Choose one that is likely to work and that you can do.

3. Create a positive action plan.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:

I will handle them by:

I will do this to make my success more likely:

How can the program participants or the Lifestyle Coach help me?



My Action Plan for Special Events

1. Name an upcoming special event. _____
2. Describe a problem social cue associated with the event.

3. Describe a helpful social cue you want to use at the event.

4. Pick one idea from this session for changing or adding that social cue. Choose one that is likely to work and that you can do.
5. Create a positive action plan.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:

I will handle them by:

I will do this to make my success more likely:

How can the program participants or the Lifestyle Coach help you?



To-Do Next Week

During the next week I will –

- Keep track of my weight, eating, and physical activity.
- Follow my action plans for making social cues work for me.
- Answer these questions:

Did my action plan work?

If not, what went wrong?

What could I do differently next time?





Session 15: Overview

What is Stress?

Stress is a part of life and occurs when we tense up in response to pressure. Stress is what happens to us when we allow events or situations to overwhelm our ability to cope with them. Any change, good or bad, big or small, can cause stress.

What Causes Stress?

Stress can be caused by many events and situations. Getting married, a serious illness, or changing jobs can cause stress. Losing keys, having a birthday, having a flat tire, or needing to get errands done before picking up children can also cause stress.

An Ounce of Prevention . . .

The old saying “An ounce of prevention is worth a pound of cure” is certainly true when it comes to stress. It’s best to avoid stress whenever we can. However, if we cannot avoid stress, there are ways to cope.



Quick Fact

What does it feel like to have diabetes?

People with type 2 diabetes usually have no clear symptoms. In fact, millions of people have type 2 diabetes and do not know it. Symptoms develop so slowly that people often are unaware of them. Some people have no symptoms at all.

Symptoms of diabetes include unusual thirst, frequent urination, blurred vision, and a feeling of being tired most of the time for no apparent reason.

Stress and Diabetes

Why are we talking about stress in this program? Many people react to stress by changing their eating and activity habits. Some people eat and drink too much as a way to deal with stress, and others may stop eating. Some people become very inactive and withdrawn.

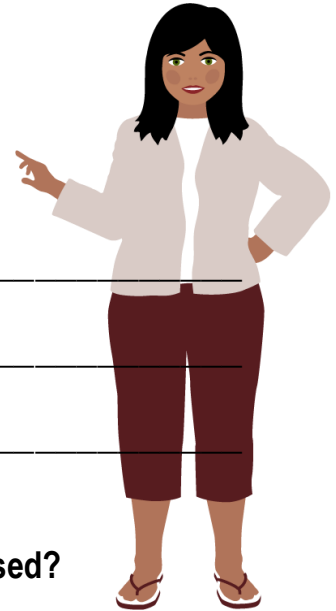
We understand that it is stressful even to attend this program and to think about all the lifestyle changes we suggest. Changing behavior and asking your family to make changes to help you can create stress.

You Can Manage the Stress!

Stress can interfere with the work you have done in this program. Using the tools and skills discussed in this session, practice preventing and avoiding stress so you can stay focused on your goals.



How Do You Feel Stress?



What situations make you feel stressed?

How do you feel, physically and mentally, when you are stressed?

What do you do differently when you get stressed?



Ways to Prevent Stress

Practice these tips to prevent stress:

Say “No” when asked to do something you do not want to do.

- ✓ Try to say “Yes” only to important matters.

Share some of your workload with others.

Set goals you can reach in a realistic time.

Take charge of your time.

- ✓ Make realistic schedules.
- ✓ Get organized.

Use problem solving techniques. (Remember Session 9.)

- ✓ Describe the problem in detail.
- ✓ Think of all your options.
- ✓ Pick one option to try.
- ✓ Make an action plan.
- ✓ Try the plan. See how it goes.

Plan ahead.

- ✓ Think about the kind of situations that are stressful for you.
- ✓ Plan how to handle them or to work around them.

Keep things in perspective. Remember your purpose.

- ✓ Think of all the good things in your life.
- ✓ Remember why you joined this program.

Reach out to people for support.

Be physically active. Physical activity is a great stress reducer.





When You Cannot Avoid Stress

Despite your best attempts, you cannot always avoid stress. However, several actions can help you cope with the stress.

When you cannot avoid stress:

Catch the stress early

- ✓ Learn to be aware of the signs that show you are getting stressed.

My signs of stress:

1. _____
2. _____
3. _____

- ✓ Stop yourself as soon as you realize you are stressed.

Take a 10-minute time-out

- ✓ Move those muscles. Go for a walk, a bike ride, or do another activity you enjoy.
- ✓ Pamper yourself. Do something you enjoy doing just for yourself.
- ✓ Breathe. Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.



Stress Related to this Program

Taking part in this program may cause you stress. It takes effort to make the changes this program suggests. And these changes can complicate your life, causing tension and stress for you and for those around you. Below are some examples of how being in the program may cause stress and some ways for dealing with it.

Possible sources of stress	Ways to manage stress	Example
Extra time spent shopping and preparing food.	Share the work.	Ask spouse or family member to help shop.
	Take charge of your time.	Make double recipes, and freeze half for later.
Feeling you are missing out because you can't eat favorite foods.	Set goals you can reach.	Now and then allow yourself to have favorite foods in small amounts.
	Keep things in perspective.	Remind yourself how important preventing diabetes is to you.
Your family does not like low-fat foods.	Reach out to people.	Ask your family to support your efforts to try new foods.
	Use the steps for solving problems.	Discuss your feelings and your promise to lose weight with your family. Think of all your options that might work with them, and then try one.
Feeling uneasy joining at social events where high-fat foods are available.	Practice saying "No."	Turn down invitations that are not important to you.
	Reach out to people.	Call the host or hostess ahead, ask what will be served, and ask whether you can bring a low-fat dish.
	Plan ahead.	Before you go to a party, plan what foods you will choose when you are there.
Feeling pressure to fit activity into a busy schedule.	Plan ahead.	Make an appointment to be active with a family member or friend.
	Problem solve.	Combine activity with other events you plan to do. (Have a meeting while walking. Go hiking with the family.)



Your Plan for Stress

1. What are your major sources of stress?

2. Choose one source of stress. Make a positive action plan:

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:

I will handle them by:

I will do this to make my success more likely:

How can program participants or the Lifestyle Coach help me?



To-Do Next Week

During the next week I will –

- Keep track of my weight, eating, and physical activity.
- Try my action plan for managing stress.
- Answer these questions:



Did my action plan work?

If not, what went wrong?

What could I do differently next time?



Session 16: Overview

Congratulations!

This session is the last week of this 16-week program. From now on, you will have the tools and information to continue your work toward a healthier lifestyle. You will continue to meet as a group with a Lifestyle Coach, but the group will meet only once a month.

Reviewing Your Progress

As we close this part of the program, think about all the great progress you made.

Think back to the first session, and be proud of your success.

If you have met your goals – GREAT!

If you are still working on them – GREAT!

Just don't give up!

You have what you need to succeed. Remember, you just finished the most successful program known to science for helping people prevent type 2 diabetes.



Quick Fact:

How does my doctor test for diabetes?

To find out whether someone has prediabetes or diabetes, doctors will probably do a test called the **Glycated Hemoglobin (HbA1c) test**.

This test measures the average percentage of glucose in your blood during the 6 to 8 weeks before the test.

You do not have to fast to have the test done.

- If the result is 6.5% or higher, you have diabetes.
- If the result is somewhere from 5.7% to 6.4%, you have prediabetes.

Doctors may also do a fasting glucose test to diagnose diabetes.

- If the result is 126 mg/dL or higher, you have diabetes.
- If the result is somewhere from 100 to 125 mg/dL, you have prediabetes.



Session 16: Ways to Stay Motivated

Staying Motivated

A key part of keeping on track with healthy habits is staying motivated. This week, we will review ideas for staying motivated that worked for others. It is important to find out which ideas work best for you.

Moving On

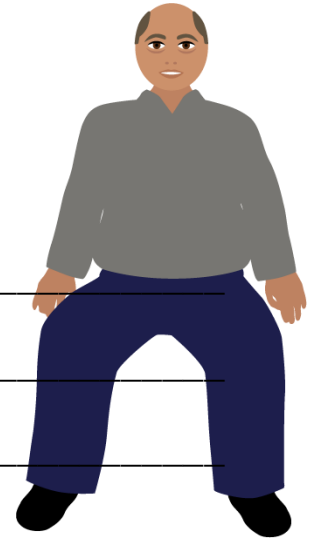
As you move beyond the weekly-meeting phase of this program, use what you learned to keep watching your weight, eating healthy, and being physically active.

Stay focused, motivated, and committed to working through the difficult times. Remember your goals and how far you've come.

Congratulations on a job well done!



Progress Review



Changes you made to be more active:

Changes you made to eat less fat and fewer calories:

Have you reached your weight goal? Yes No

Have you reached your activity goal? Yes No

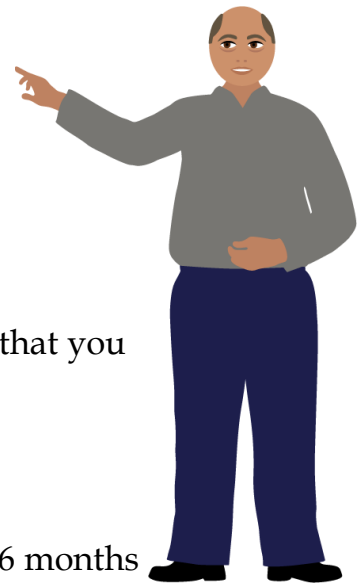
If you have not met one or both of these goals, what will you do to move closer to them?



Ways to Stay Motivated

1. Stay aware of the goals you've already reached and the goals you plan to reach.

- What did you hope to achieve when you first joined this program?
- Have you reached these goals?
- Were there any benefits to being in the program that you did not expect?
- What would you like to achieve during the next 6 months of the program?



2. Recognize your successes.

- What changes in your eating and activity do you feel proudest of?
- What was easier than you thought it would be? What was harder?



Ways to Stay Motivated (continued)

3. Keep visible signs of your progress.

- Post weight and activity graphs on your refrigerator door.
- Mark on a chart your activity milestones toward a specific goal.
- Measure waist or belt size once a month.

4. Keep track of your weight, eating, and activity.

- Record your activity daily.
- Record everything you eat every day.
- Record your weight once a week on: _____

5. Add variety to your routine.

- How have you varied your activity?

- How do you vary meals and snacks to avoid becoming bored?

- Can you think of some new ways to vary your food choices?



Ways to Stay Motivated (continued)

6. Identify new ways to challenge and reward yourself.

- Develop ways to reward yourself when you meet new challenges.

Challenges: Should be specific, short-term, and realistic.

Rewards: Something you will do or buy if, and *only if*, you succeed in your challenge.

- What are some non-food ways you can reward yourself for meeting a challenge?

7. Create some friendly competition.

- Set up a friendly contest that everyone wins. That is, everyone will lose weight, although one person may lose more than others.
- What ideas do you have for a contest?

8. Remember, slips are normal.

- If you do slip, focus on how to get back in the game. Stay motivated.

9. Look to others for help in staying motivated.

- Call your Lifestyle Coach, fellow group member, or friend for encouragement and support.



A Plan for Staying Motivated

1. Choose one way to stay motivated that would help you now.

2. Make a positive action plan:

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:

I will handle them by:

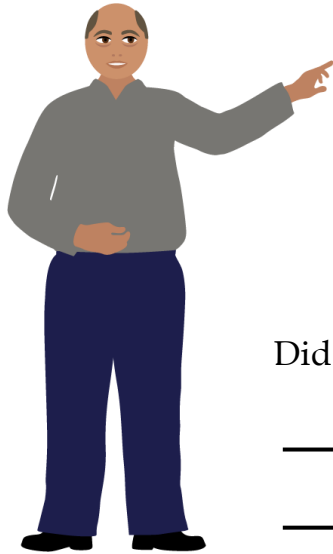
I will do this to make my success more likely:

How can other program participants or the Lifestyle Coach help you?



To-Do Next Week

During the next week, and every week from now on, I will:



- Keep track of my weight, eating, and activity.
- Try my action plan for staying motivated.
- Answer these questions:

Did my action plan work?

If not, what went wrong?

What could I do differently next time?
