

# **Participant Guide**

#### **Stay Motivated to Prevent T2**

Staying motivated over the next six months can help you prevent or delay type 2 diabetes.

#### Tips:

- Try new and fun ways to eat right and be active.
- Celebrate your successes.

### Marie's Story

Marie is at risk for type 2 diabetes. So she decides to eat right and get active.

Marie works hard and sticks to her plan. As a result, she reaches her weight goal. She also reaches her activity goal.

Strangely enough, once she reaches her goals, Marie doesn't feel quite as motivated. She starts sliding back to her old habits.

Marie decides to take action. She thinks about how far she's come. She sets a new weight goal. And she commits to her healthy lifestyle all over again. She even gets her husband to join her.

Today, Marie is back to feeling motivated. She plans to live a long and healthy life.

### **Your Goals for the Next Six Months**

#### **Activity Goal**

In the next six months, I will get at least 150 minutes of activity each week at a moderate pace or more.

I weigh pounds.				
In the next six months,	I will:			
☐ Lose weight	I will reach	_ pounds.		
☐ Maintain my weight	I will stay at	_ pounds.		

#### **Celebrate Your Success**

Celebrating your success can help you stay motivated. Here are some healthy ways to celebrate. Write your own ideas in the column that says "Other Ways to Celebrate." Check off each idea you try.

Ways to Celebrate	Other Ways to Celebrate
<ul> <li>Blog about your success.</li> <li>Give yourself a small, non-food reward for reaching each goal.</li> <li>Make a graph of your progress over time (weight, steps per day, clothing size).</li> <li>Post "then and now" photos of yourself.</li> <li>Share your success on social media.</li> <li>Thank friends, family, and coworkers who support you.</li> <li>Try on your "before" clothes.</li> <li>Start a success journal.</li> <li>Support someone else.</li> </ul>	

## **How to Cope With Challenges**

It can be challenging to stay motivated. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
I'm bored.	<ul> <li>Set new goals for yourself.</li> <li>Take part in a friendly competition.</li> <li>Try a fitness app.</li> <li>Try new recipes and physical activities.</li> <li>Work out while you talk on the phone.</li> <li>Work out while you watch TV or videos.</li> <li>Work out with a friend or family member.</li> </ul>	
This group meets less often than it used to.	<ul><li>Find other ways to get support.</li><li>Go to all the sessions that are left.</li></ul>	
I've lost a lot of weight or reached my weight goal.	<ul> <li>Remind yourself of the other benefits of eating right and being active.</li> <li>Set a new weight goal.</li> <li>Set other goals besides weight loss.</li> </ul>	

## **How to Cope With Challenges**

Challenge	Ways to Cope	Other Ways to Cope
I've gotten off track.	<ul> <li>Stay positive.</li> <li>Follow the five steps of problem solving</li> <li>Describe your problems.</li> <li>Come up with options.</li> <li>Choose the best options.</li> <li>Make an action plan.</li> <li>Try it.</li> </ul>	
My weight loss has slowed down.	<ul> <li>Build muscle.</li> <li>Burn more calories.</li> <li>Take in fewer calories.</li> <li>Track what you eat and drink.</li> <li>Track your activity.</li> </ul>	
I've made less progress than I expected to.	<ul> <li>Celebrate your successes.</li> <li>Look at how far you've come.</li> <li>Make a new action plan.</li> <li>Make sure you are tracking the right way.</li> </ul>	

