

Participant Guide

Get Active to Prevent T2

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

Tips:

- ▶ Try to be a little more active this week.
- ▶ Try lots of different activities. You're sure to find at least one that you enjoy.

Teo's Story

Teo is at risk for type 2 diabetes. His doctor urges him to lose 20 pounds and work up to at least 150 minutes of activity each week.

Teo and his wife have five children. The kids all play sports, and he spends a lot of time driving them to events.

Teo also works full time. On weekends, he works a second, part-time job. When he has some free time, he likes to watch basketball on TV, but he rarely plays it. He spends a lot of time sitting.

Teo finds some ways to get active:

- ▶ He walks on the sidelines during his children's sports events.
- ▶ He also walks with a friend during his lunch break each day.
- ▶ He plays basketball with his kids instead of watching it on TV.
- ▶ He takes the stairs instead of the elevator.

Teo gets more active over time. These days, he's active for at least 150 minutes a week. His weight is going down. And his blood sugar is lower. He sleeps better than ever. Plus, he has more energy than he did before he got active.



Are You Ready to Get Active?

Check off any statement that is true for you. If you check off one or more items, make sure to see your healthcare provider **BEFORE** you get active.

- I am over 50, and I haven't been active in a long time. I am planning to be very active.
- I am pregnant. My healthcare provider hasn't given me the OK to get active.
- I get very out of breath when I am even slightly active.
- I have a health problem or other issue not listed here that might need attention if I get active.
- I have a heart problem. My healthcare provider wants to keep an eye on my activity.
- I have bone or joint problems that make it hard for me to do things like fast walking.
- I have chest pain that started within the last month.
- I tend to pass out or fall down when I get dizzy.
- During or right after a workout, I often have pain or pressure in my neck, left shoulder, or arm.
- My healthcare provider wants me to take medicine for high blood pressure or a heart problem.

Source: American Heart Association

(http://www.heart.org/idc/groups/heart-public/@wcm/@mwa/documents/downloadable/ucm_432990.pdf)

Be Active, Be Safe

If you get hurt, you may need to take a break from being active. So follow these tips to work out safely.

1. Ask your healthcare provider if you are ready to be active. (See "Are You Ready to Get Active?".)
2. Dress for the activity. Wear the right shoes and clothes. Use safety gear as needed.
3. Drink water before, during, and after your workout, even if you don't feel thirsty.
4. Listen to your body. Slow down or stop if you feel very tired, sick, or faint, or your joints hurt.
5. Mix it up. Do a variety of activities. That way you won't strain any one part of your body.
6. Start small. If you train too hard or too often, you may get hurt. Try to make slow, steady progress over time.
7. Warm up before you work out. Cool down after you work out. Take 5 to 10 minutes for each.
8. Watch out. Take care not to trip or bump into anything.
9. Work with the weather. Work out indoors if it's too hot or too cold. If you get too hot, you may get a headache or a fast heartbeat. You may feel dizzy, sick to your stomach, or faint.
10. Use good form when strength training.

Source: cdc.gov

How to Cope With Challenges

Challenge	Ways to Cope	Other Ways to Cope
<p>I don't have time.</p>	<p>To fit in fitness at work:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a brisk walk during your coffee or lunch break. Ask a friend to go with you. <input type="checkbox"/> Take part in an exercise program at work. <input type="checkbox"/> Join a nearby gym. Stop off before or after work, or during your lunch break. <input type="checkbox"/> Join the office softball team or walking group. <input type="checkbox"/> Use a copy machine on the other side of the building. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>I don't have child care.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Be active with your kids. <input type="checkbox"/> Swap child care with a friend <input type="checkbox"/> Ask friends or family to help out. <input type="checkbox"/> Use gym child care. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>I don't have a car.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Work out in your own home or area. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>I feel embarrassed.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Work out in your own home. <input type="checkbox"/> Work out with a friend. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>My area is not safe.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Work out in your own home <input type="checkbox"/> Work out at a gym or community center. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

