



Participant Guide

Prevent T2—for Life!



Session Focus

Keeping your healthy lifestyle going over the long term can help you prevent or delay type 2 diabetes.

This session we will talk about:

- How far you've come since you started this program
- How to keep your healthy lifestyle going once this program ends
- Your goals for the next six months

You will also make a new action plan!





Rashaad's Story

Rashaad is at risk for type 2 diabetes. So he joins the Prevent T2 program. The program helps him adopt a healthy lifestyle. Rashaad starts eating a healthy diet and taking walks each day. He works up to being active for at least 150 minutes a week, at a moderate pace or more.

Rashaad's efforts pay off. One year later, he has reached his weight goal. And he feels better than he has in years.

But once his program ends, Rashaad finds himself slipping back into his old eating habits. He also starts skipping some of his daily walks. As a result, he gains back 5 pounds.

Rashaad knows he needs to find new ways to get support. So he invites one of the people he met in his program to walk with him. He also signs up for a healthy cooking class at his local senior center.

Rashaad knows he needs to stay motivated. So he sets a new weight goal. He decides to try a new recipe each week. And he and his walking buddy agree to try new routes.

These days, Rashaad is eating well and staying active. His weight is healthy. And he's no longer at risk for type 2 diabetes.



How will you get support and stay motivated once this program ends?



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.

Weight Goal

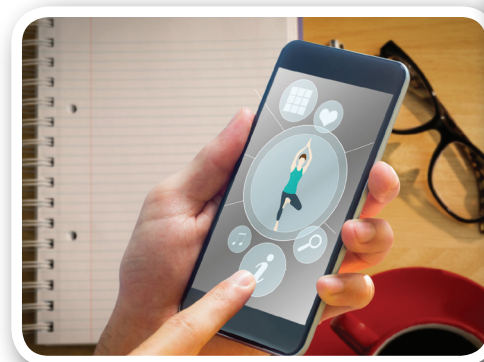
I weigh _____ pounds.	
In the next six months, I will:	
<input type="checkbox"/> Lose weight	I will reach _____ pounds.
<input type="checkbox"/> Maintain my weight	I will stay at _____ pounds.

Skills to Live By

You've learned many healthy lifestyle skills in this program. Keep using these skills in the months and years to come.

Track your food, activity, and weight. Tracking tells you if you are meeting your goals. Plus, it helps you see places where you are doing well, and places where you could improve.

Get back on track. It's normal to get off track with your eating and fitness goals over the course of your life. The important thing is to get back on track and prevent similar lapses in the future.





Your Goals for the Next Six Months

Update your action plan as needed. Keep thinking about what you can do to be as healthy as possible.

Get support from family, friends, and others. They can help you stay on track with your eating and fitness goals.

Cope with challenges. You will need to deal with many challenges over the course of your life—time crunches, sources of stress, triggers, and more. So prevent challenges when you can, and cope with them when you must. Be creative!

Stay motivated. Set new goals. Celebrate your successes. And keep trying new recipes, cooking styles, and ways to be active.

Need to review any of these skills?
See the handouts in your Participant Notebook.

