



Lifestyle Coach Training Guide

[Get More Active](#)

Get More Active

Session Focus

Getting more active can help prevent or delay type 2 diabetes. This module teaches participants how to increase their activity level.

Participant Learning Objectives

By the end of the session, participants will:

- ▶ Identify the purpose of getting more active
- ▶ Identify some ways to get more active
- ▶ Explain how to track more details about their fitness

Materials Checklist

You will need:

- Your Participant Notebook
- Participant Guides for this module (one for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Nametags, as needed
- Lifestyle Coach Log
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens
- Resistance bands (one for each participant)**

Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser
- Examples of ways to track activity**

Things to Do

Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it on their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

Module Outline

Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review Page 6 10 Min
- Objectives Page 7 2 Min
- Purpose of Getting More Active Page 7 5 Min
- Ways to Get More Active Page 8 21 Min
- Track More Details About Your Fitness Page 11 12 Min
- Plan for Success Page 13 5 Min
- Summary and Closing Page 14 5 Min

Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ SAY: Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about how to get more active.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↗ DO: Briefly summarize previous session.</p> <p>💬 DISCUSS: Does anyone have any questions for me about what we talked about last time?</p> <p>▶ SAY: Let’s talk about how things went with the action plan you made last time.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p> <p>▶ SAY: Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p>

Notes to Coach	Objectives (2 minutes)
	<p>► SAY: You’ve been doing a great job getting active. Today, we’ll talk about how to get even <u>more</u> active. Getting more active can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none"> ■ The purpose of getting more active ■ Some ways to get more active ■ How to track more details about your fitness <p>You’ll also get a chance to move around a little. You’ll try tracking more details about your fitness. Finally, you will make a new action plan.</p>
	<p>Purpose of Getting More Active (5 minutes)</p>
	<p>► SAY: The <u>purpose</u> of getting more active is to allow you to reach your fitness goal for this program.</p> <p>As you know, your goal in this program is to get at least 150 minutes of activity each week. Your pace should be at least moderate.</p> <p>To find out if you’re being active at a moderate pace, you can do the Talk Test.</p>

Notes to Coach	Purpose of Getting More Active
	<p>▶ ASK: What’s the Talk Test?</p> <p>ANSWER: It means you can talk, but not sing, through your activity.</p> <p>▶ SAY: But here’s the thing: Over time, your heart and lungs get into better shape. So in order to get the same effect on your breathing, you need to be a little more active each week.</p> <p>↗ DO: Answer questions as needed.</p>
	<p>Ways to Get More Active (21 minutes)</p>
	<p>▶ SAY: We’ve discussed the <u>purpose</u> of getting more active. Now we’ll talk about some <u>ways</u> to get more active. Let’s look at an example. Please turn to “Olga’s Story” on page 3 of this module’s handouts.</p> <p>↗ DO: Read (or have a volunteer read) the first paragraph of the story.</p> <p>▶ ASK: How does Olga make her walks more active from Week 1 to Week 3?</p> <p>ANSWER: Olga walks longer, faster, farther, and up steeper hills.</p>

Notes to Coach	Ways to Get More Active
<p>To make her walks more active, Olga could:</p> <ul style="list-style-type: none"> ■ Carry 1-pound cans ■ Push a stroller ■ Use 1-pound ankle or hand weights 	<p>DISCUSS: What are some other ways Olga could make her walks more active?</p> <p>► SAY: During Week 4, Olga starts building her muscles, too. She knows that muscle burns calories, even at rest. So the more muscle you build, the better.</p> <p>For 2 days that week, Olga does 3 sets of 5 reps with a resistance band.</p> <p>► ASK: What are reps?</p> <p>ANSWER: Repetitions (reps) are how many times you stretch the band in a row.</p> <p>► ASK: And what is a set?</p> <p>ANSWER: A set is a group of reps.</p>

Notes to Coach	Ways to Get More Active
<p>.....</p> <p>This activity is optional.</p> <p>For tips on how to use resistance bands, see “Build Your Muscles” on pages 5-6 of this module’s handouts.</p> <p>.....</p>	<p>.....</p> <p>✳ ACTIVITY: Building Muscles</p> <p>▶ SAY: Let’s try building our muscles right now.</p> <p>↗ DO: Pass out a resistance band to each participant. Model how to use a resistance band the right way. Lead participants in doing 2 sets of 3 reps with each arm. Keep track of how long they do this activity. Collect resistance bands, or let participants keep them.</p> <p>.....</p> <p>▶ ASK: Let’s turn back to the story. How does Olga use a resistance band to get more active from Week 4 to Week 5?</p> <p>ANSWER: Olga uses it for more reps per set, more sets per day, and more days per week.</p>

Notes to Coach	Track More Details About Your Fitness (12 minutes)
<p>..... This activity is optional.</p> <p>.....</p>	<p>▶ SAY: You've been doing a great job tracking your minutes of activity each day. As you know, that's a key part of this program.</p> <p>In order to see if you're getting more active, it's helpful to track some more details about your fitness. But it's not a requirement of this program.</p> <p>.....</p> <p>✳ ACTIVITY: Tracking More Details</p> <p>▶ SAY: Let's try tracking more details right now. Please look at your Fitness Log. Let's write down some details about what you did today with the resistance band.</p> <p>↗ DO: Help participants record what activity they did, and how long they did it. Also help them record their 2 sets of 3 reps. Write the information on a flip chart or white board, if you are using one. Answer questions as needed.</p> <p>.....</p>

Notes to Coach	Track More Details About Your Fitness
<p>You could track:</p> <ul style="list-style-type: none"> ■ Calories burned ■ Distance ■ Grade of hills ■ Number of steps ■ Speed ■ Weight lifted <p>Ways to <u>measure</u> include:</p> <ul style="list-style-type: none"> ■ Clock or watch ■ Fitness tracker ■ Pedometer ■ Smart phone or computer apps ■ Treadmill <p>Ways to <u>record</u> include:</p> <ul style="list-style-type: none"> ■ Fitness tracker ■ Smart phone or computer apps ■ Spiral notebook ■ Spreadsheet ■ Voice recording 	<p> DISCUSS: Besides your minutes, reps, and sets, what are some other details about your activity that you could track?</p> <p>What are some ways to <u>measure</u> your activity?</p> <p>And what are some ways to <u>record</u> your activity?</p> <p>► SAY: Ultimately, though, you'll want to write these details in your Fitness Log. But again, the only requirement of this program is to write down your minutes of activity.</p> <p>↗ DO: If you'd like, bring in some examples of ways to track activity. Show participants how to use them.</p>

Notes to Coach	Plan for Success (5 minutes)
	<p>▶ SAY: Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about getting more active.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none">■ Realistic■ Doable■ Specific■ Flexible <p>Remember to focus on behaviors. And try to have fun!</p> <p>↗ DO: Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (5 minutes)
 <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ Track more details about fitness (1 week) ■ Ways to Get More Active ■ Build Your Muscles ■ Action Plan 	<p>► SAY: Let’s look at your Fitness Log again. Please keep tracking what activities you do each day, and how long you do them. Between now and our next session, I’d like you to also track some <u>other</u> details about your fitness. Try it for at least one week. It will help you see if you get more active.</p> <p>Please look at “Ways to Get More Active” on page 4 of this module’s handouts. It gives ideas for how to get more active. Between now and our next session, write how <u>you</u> will get more active over the next few weeks.</p> <p>I’d also like you to look at “Build Your Muscles” on pages 5 and 6. Try some of these ideas!</p> <p>↗ DO: Answer questions as needed.</p> <p>► SAY: We have come to the end of our meeting. Today, we discussed how getting more active can help you prevent or delay type 2 diabetes.</p> <p>We talked about:</p> <ul style="list-style-type: none"> ■ The purpose of getting more active ■ Some ways to get more active ■ How to track more details about your fitness

Notes to Coach	Summary and Closing
	<p>You also got a chance to move around a little. And you tried tracking more details about your fitness.</p> <p> DISCUSS: Do you have questions about anything we talked about today?</p> <p>▶ SAY: Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about ____.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p>Meeting adjourned.</p>