



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**.

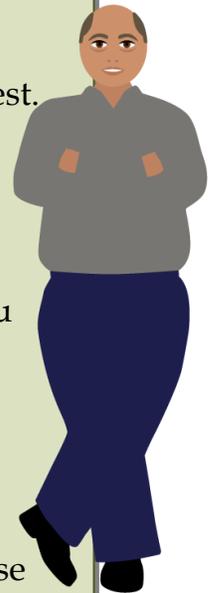
This test measures the average percentage of glucose in your blood during the 6 to 8 weeks before the test.

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.



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

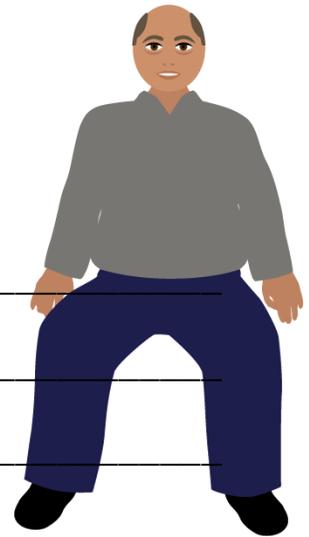
As you move beyond the weekly-meeting phase of this program, use what you learned to keep watching your weight, eating healthy, and being physically active.

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:

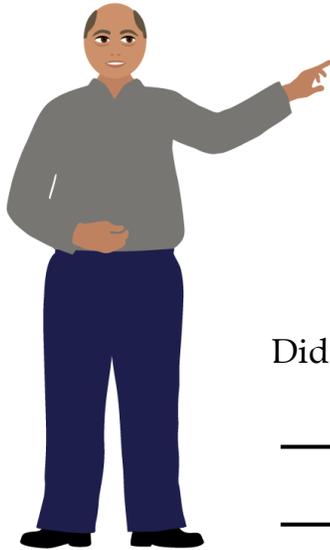
I will do this to make my success more likely:

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?
