

# Lifestyle Coach Facilitation Guide: Post-Core

This Lifestyle Coach Facilitation Guide: Post-Core was developed by the **Diabetes Training and Technical Assistance Center** at the **Rollins School of Public Health, Emory University**

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<sup>1</sup>Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, et al. 2002. *N Engl J Med* 346: 393-403.





The **Lifestyle Coach Facilitation Guide: Post-Core** includes the following sessions:

### Introduction

#### **Welcome to the Post-Core Phase**

This session introduces participants to the post-core phase. It also refocuses them on their reason for taking part in the Lifestyle Intervention, their goals for weight loss and physical activity, and the process of self-monitoring. This session reviews with participants why they need to manage their weight, gives them tips on continuing to track food intake and physical activity accurately, and reminds them of the successes they already experienced.

### Healthy Eating and Nutrition

#### **Fats: Saturated, Unsaturated, and Trans-Fats**

This session takes a close look at fat, including what fat is, the different types of fat, and the types of fat that are “healthy” or “unhealthy.” The discussion also covers healthier alternatives to “unhealthy” fats and gives tips on how participants can incorporate the best type of fat into their meals.

#### **Food Preparation and Recipe Modification**

This session focuses on how to cook healthier, lower-calorie recipes at home. Participants discuss ways to modify and substitute ingredients to make recipes healthier. Information on selecting a cookbook is also provided.

#### **Healthy Eating: Taking It One Meal at a Time**

This session discusses strategies for eating healthfully: think ahead, and plan meals and snacks with less fat and fewer calories. Participants also learn common strategies for making meals healthier (such as substituting skim or 1% milk for whole milk and using whole grains). Then they use these strategies to plan meals based on their fat gram and calorie goals.

#### **Healthy Eating with Variety and Balance**

This session revisits the MyPlate food guide as a means of promoting well-balanced eating habits. Fruit and vegetables are at the center of this discussion, which includes information on how to incorporate fruits and vegetables into eating habits, how to shop for produce, and the differences between fresh, canned, frozen, and cooked fruit and vegetables. The discussion also focuses on *mindful eating* as a component of a healthy lifestyle.

#### **More Volume, Fewer Calories**

This session explains how participants can increase the volume of food they eat while eating fewer calories. The discussion describes the different types of fiber, reasons why eating fiber contributes to weight loss, and tips for increasing fiber intake.

### Physical Activity

#### Staying on Top of Physical Activity

The discussion for this session is about how participants can continue to be physically active even when they face barriers or lack of motivation. Different ways to be physically active (e.g., joining a gym, using a workout DVD at home) are discussed. Participants will also be able to recognize common barriers they face and learn how to overcome them. Also covered during this session are tips for staying motivated and the health benefits of being physically active.

#### Stepping Up to Physical Activity

The discussion during this session is similar to the discussion during Session 6 “Being Active: A Way of Life” in the core curriculum. It focuses on choosing to be active as part of normal daily routine (e.g., taking the stairs, parking far away from entrances to building, doing yard work). In this session, participants are given more information about the pedometer and learn how to use it. Participants also discuss how to incorporate flexibility and balance exercises into their physical activity plan.

### Managing Stress and Preventing Relapse

#### Balance Your Thoughts for Long-Term Maintenance

This session focuses on ways to manage self-defeating thoughts that stand in the way of lifestyle change. Participants are asked to share some of their self-defeating thoughts, and they learn strategies to work through these thoughts. In addition, this session discusses ways to use assertive behavior to respond to challenging interpersonal situations that interfere with working toward their goals. Participants practice recognizing these situations and plan how to assert themselves.

#### Handling Holidays, Vacations, and Special Events

The focus of this session is on maintaining healthy habits during special occasions or travel. Participants practice recognizing and planning for challenges they encounter on these occasions. In addition, participants learn tips to help them continue to eat healthfully and be active during a holiday, vacation, or special event. The key point of this session is to help participants plan for challenges so they are prepared to handle them when they occur. If possible, the timing of this session should be held during a relevant time of year (e.g., summertime, spring break, a holiday).

#### Preventing Relapse

This session goes one step further toward preventing relapse by discussing how relapses occur (via the “relapse chain”) and how to recognize high-risk situations. Participants practice developing a plan for both preventing relapses and recovering from lapses if they occur. This is a good session to schedule before major holidays.

### **Stress and Time Management**

This session focuses on learning and practicing techniques for responding to stress: relaxation and time management. Participants determine what stressors they experience and learn strategies to help them respond in a positive way. To learn time management, participants are asked to write down how they use their time for one week. At the following session, they examine how they used their time for the week and learn ways to use their time more effectively.

### **Chronic Disease**

#### **Heart Health**

This session delves into the topic of heart health and heart disease. Heart disease, cholesterol, and blood pressure are defined and discussed, and ways to prevent or manage heart disease are recommended.

#### **A Closer Look at Type 2 Diabetes**

This session goes into more detail about type 2 diabetes. It describes the difficulties that people with type 2 diabetes must deal with. Participants learn what diabetes is and how it is diagnosed. They learn what medical care a person with type 2 diabetes needs, and how type 2 diabetes affects daily life. Other complications and conditions related to diabetes are also discussed.

### **Program Conclusion**

#### **Looking Back and Looking Forward**

During this session, the Lifestyle Coach reviews the program and discusses “what’s next?” Participants reflect on what they learned from the Lifestyle Intervention. The discussion centers on helping participants recognize that they must maintain their newly acquired healthy eating and physical activity habits, and they must continue self monitoring.

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### **Supplement**

#### **Post-Core Session Template**

This template may be used by the Lifestyle Coach to provide the post-core schedule to their participants. The template includes session date, time, and title; meeting location; and Lifestyle Coach’s name, phone number, best time to call, and email address.