



Lifestyle Coach Training Guide

Stay Active Away from Home

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Session Focus

Staying active away from home can help prevent or delay type 2 diabetes. This module teaches participants how to stay on track with their fitness goal when they travel for work or pleasure.

Participant Learning Objectives

By the end of the session, participants will:

- ▶ Identify some challenges of staying active away from home, and ways to cope with them

Materials Checklist

You will need:


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

Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser

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 in 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
- How to Cope With Challenges..... Page 8..... 38 Min
- Plan for Success..... Page 9..... 5 Min
- Summary and Closing Page 10..... 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 staying active away from home. 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>Notes to Coach</p>	<p>Welcome and Review</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>
	<p>Objectives (2 minutes)</p>
	<p>▶ SAY: Staying active when you’re away from home can help you prevent or delay type 2 diabetes. Today, we will talk about some challenges of staying active away from home, and ways to cope with them.</p> <p>You will also make a new action plan.</p>

Notes to Coach	How to Cope with Challenges (38 minutes)
<p>Challenges and ways to cope include:</p> <p>I'm too busy seeing sights.</p> <ul style="list-style-type: none"> ■ See sights while you are active. <p>I'm visiting friends or family.</p> <ul style="list-style-type: none"> ■ Look for activities that they can do with you. <p>I have to travel a long way.</p> <ul style="list-style-type: none"> ■ Do leg lifts while you ride. <p>I don't know my way around.</p> <ul style="list-style-type: none"> ■ Walk inside a local mall. <p>I can't use my fitness center.</p> <ul style="list-style-type: none"> ■ Pack a resistance band. <p>I don't have my workout buddy.</p> <ul style="list-style-type: none"> ■ Be active by yourself. 	<p>▶ SAY: Whether you travel for work or for pleasure, it can be challenging to stay on track with your fitness goal when you're away from home. Let's look at an example. Please turn to "Sherry's Story" on page 3 of this module's handouts.</p> <p>↗ DO: Read (or ask a volunteer to read) the story.</p> <p>▶ SAY: Now let's talk about some challenges of staying active away from home.</p> <p>💬 DISCUSS: What makes it hard for you to stay active when you're away from home?</p> <p>↗ DO: Write the challenges on a flip chart or white board, if you are using one.</p> <p>▶ SAY: Now, let's brainstorm.</p> <p>💬 DISCUSS: What are some ways to cope with these challenges?</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 staying active away from home.</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>To learn more about getting back on track, see the <i>Get Back on Track</i> handouts.</p>  <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ Sherry's Story ■ How to Cope With Challenges ■ Action Plan 	<p>► SAY: As you can see, you can still be active away from home. You just need to be a little creative! And even if you do get off track with your fitness goal, it's not the end of the world. The important thing is to get back on track and prevent similar lapses in the future.</p> <p>Let's look at "Sherry's Story" on page 3 of this module's handouts. Between now and our next session, please write what makes it challenging for <u>you</u> to stay active when you're away from home.</p> <p>I'd also like you to complete "How to Cope With Challenges" on pages 4 and 5. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.</p> <p>↗ DO: Answer questions as needed.</p> <p>► SAY: We have come to the end of our meeting. Today, we talked about some challenges of staying active away from home, and ways to cope with them.</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>