



# Lifestyle Coach Training Guide

**Prevent T2—for Life!**

**This module should be done at the last session.**

## Prevent T2—for Life!

### Session Focus

Keeping your healthy lifestyle going can help prevent or delay type 2 diabetes. This module helps participants reflect on their progress and keep making positive changes over the long term.

**Please note: This module should be done at the last session. Try to keep the tone fun and informal.**

### Participant Learning Objectives

By the end of the session, participants will:

- ▶ Reflect on how far they've come since they started this program
- ▶ Explain how to keep their healthy lifestyle going once this program ends
- ▶ Set their goals for the next six months

## 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
- Group and individual reports based on the latest data for each participant (ideally from the previous session)**
- Objects that show how many pounds the group has lost so far (weights, bags of flour, cans of food, or sticks of butter)**
- Guest speaker who has been through Prevent T2**
- Group photos (taken at prior session; one copy for each participant)**
- Certificates of Completion (filled out by you; one copy for each participant)**
- Healthy snacks**
- Sparkling water and cups**

## 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 if participants want them.
- 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.

# 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
- Look How Far You’ve Come! ..... Page 7 ..... 15 Min
- Keep up the Good Work! ..... Page 10 ..... 10 Min
- Your Goals for the Next Six Months ..... Page 12 ..... 8 Min
- Plan for Success ..... Page 13 ..... 5 Min
- Summary and Closing ..... Page 14 ..... 10 Min

## Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ <b>SAY:</b> Welcome back, everyone! This is the final meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about how to keep your healthy lifestyle going over the long term.</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>↗ <b>DO:</b> Briefly summarize previous session.</p> <p>💬 <b>DISCUSS:</b> Does anyone have any questions for me about what we talked about last time?</p> <p>▶ <b>SAY:</b> Let’s talk about how things went with the action plan you made last time.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p> <p>▶ <b>SAY:</b> Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 <b>DISCUSS:</b> What went well? What didn’t go so well?</p>

Notes to Coach	Objectives (2 minutes)
	<p>► <b>SAY:</b> Keeping your healthy lifestyle going over the long term can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none"> <li>■ How far you've come since you started this program</li> <li>■ How to keep your healthy lifestyle going once this program ends</li> <li>■ Your goals for the next six months</li> </ul> <p>Finally, you will make a new action plan.</p>
	<p><b>Look How Far You've Come!</b> (15 minutes)</p> <p>► <b>SAY:</b> Let's start by talking about how far you've come since you started this program a year ago.</p> <p> <b>DISCUSS:</b> What healthy changes have you made in your <u>eating</u>?</p> <p>What healthy changes have you made in your <u>activity</u>?</p> <p>What <u>challenges</u> have you overcome to make those healthy lifestyle changes?</p> <p>What have you learned about yourself along the way?</p>

Notes to Coach	Look How Far You've Come!
<p>.....</p> <p>This activity is optional.</p> <p>The report should include:</p> <ul style="list-style-type: none"> <li>■ Pounds the group has lost (starting total body weight minus most recent total body weight)</li> <li>■ Percent of body weight the group has lost (pounds the group has lost divided by total starting weight)</li> <li>■ Minutes of activity per week the group has gained (most recent total minutes minus starting total minutes)</li> </ul> <p>.....</p>	<p>.....</p> <p> <b>ACTIVITY:</b> Group Progress Report</p> <p>▶ <b>SAY:</b> Let's look at how much progress you've made as a group.</p> <p>↗ <b>DO:</b> Hand out a written report that gives the group's progress so far. Explain the report. Use a flip chart or white board, if you wish.</p> <p>.....</p>





Notes to Coach	Look How Far You've Come!
<p>.....            This activity is optional.</p> <p>.....            This activity is optional.</p> <p>The report should include:</p> <ul style="list-style-type: none"> <li>■ Pounds the person has lost (starting body weight minus most recent body weight)</li> <li>■ Percent of body weight the person has lost (pounds the person has lost divided by their starting weight)</li> <li>■ Minutes of activity per week the person has gained (most recent minutes minus starting minutes)</li> </ul> <p>.....</p>	<p>.....  <b>✳ ACTIVITY:</b> Group Progress Objects</p> <p>↗ <b>DO:</b> Bring in objects that show how many pounds the group has lost so far. These could be weights, bags of flour, cans of food, or sticks of butter. Invite participants to pick them up.</p> <p>.....  <b>✳ ACTIVITY:</b> Individual Progress Reports</p> <p>↗ <b>DO:</b> Hand out a written report to each participant that gives that person's progress so far. Explain the report. Use a flip chart or white board, if you wish.</p> <p>▶ <b>SAY:</b> This report is just for you. No one else will see it.</p> <p>.....</p>

Notes to Coach	Look How Far You've Come!
	<p>▶ <b>SAY:</b> Some of you have reached your weight and activity goals. Others are still working toward them. But all of you have made great progress. I'm so proud of you, and I hope you're proud too.</p>
	<p><b>Keep up the Good Work!</b> (10 minutes)</p>
	<p>▶ <b>SAY:</b> You've come so far since you started this program. And you've coped with many challenges along the way. Your next challenge is to keep your healthy lifestyle going once this program ends.</p> <p>Let's look at an example. Please look at "Rashaad's Story" on page 3 of this module's handouts.</p> <p>↗ <b>DO:</b> Read (or ask a volunteer to read) the first three paragraphs of the story.</p> <p>💬 <b>DISCUSS:</b> Have any of you lost weight in the past, only to gain it back?</p> <p>▶ <b>ASK:</b> So why is it important to keep your healthy lifestyle going over the long term?</p> <p><b>ANSWER:</b> If you don't sustain your healthy habits, you can lose the progress you've made. Your risk of type 2 diabetes can go up again.</p>

Notes to Coach	Keep up the Good Work!
<p>To learn more about getting support, see the <i>Get Support</i> handouts. To learn more about staying motivated, see the <i>Stay Motivated</i> handouts.</p> <p>Your group can continue to connect after the program ends. You can facilitate this by forming a social network and by setting up get-togethers. (See “Program Overview” for more details.)</p> <p>.....</p> <p>This activity is optional.</p> <p>.....</p>	<p>▶ <b>SAY:</b> Let’s go back to the story.</p> <p>↗ <b>DO:</b> Read (or ask a volunteer to read) the last three paragraphs of the story.</p> <p>💬 <b>DISCUSS:</b> How about you? How will you <u>get support</u> once this program ends?</p> <p>And how will you <u>stay motivated</u> once this program ends?</p> <p>.....</p> <p>✳️ <b>ACTIVITY:</b> Guest Speaker</p> <p>↗ <b>DO:</b> Present a guest speaker who has been through Prevent T2. Ask the speaker to describe how to get support and stay motivated once the program ends. Invite participants to ask questions.</p> <p>.....</p>

Notes to Coach	Your Goals for the Next Six Months (8 minutes)
	<p>► <b>SAY:</b> We’ve discussed how to keep your healthy lifestyle going once this program ends. Now let’s talk about your next steps. Please look at “Your Goals for the Next Six Months” on pages 4 and 5.</p> <p>As you can see, your activity goal for the next six months is unchanged—to get at least 150 minutes of activity each week at a moderate pace or more.</p> <p>But you may want to revise your weight goal. Let’s fill it out together.</p> <p>First, fill in what you weigh now. That’s the weight I told you earlier today.</p> <p>Next, decide if you want to lose weight or maintain your weight in the next six months. Mark your choice on the handout.</p> <ul style="list-style-type: none"> <li>■ If your goal is to <u>lose</u> weight, write the weight you will reach.</li> <li>■ If your goal is to <u>maintain</u> your weight, write the weight you will <u>stay at</u>.</li> </ul> <p>↗ <b>DO:</b> Help participants fill in their weight goal. Then use the handout to discuss the healthy lifestyle skills they have learned in the program.</p> <p>► <b>SAY:</b> You’ve learned many healthy lifestyle skills in this program. I urge you to keep using these skills in the months and years to come. If you need to review any of these skills, see the handouts in your Participant Notebook.</p>

Notes to Coach	Plan for Success (5 minutes)
	<p>▶ <b>SAY:</b> 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 keeping your healthy lifestyle going.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"> <li>■ Realistic</li> <li>■ Doable</li> <li>■ Specific</li> <li>■ Flexible</li> </ul> <p>Remember to focus on behaviors. And try to have fun!</p> <p>↙ <b>DO:</b> Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (10 minutes)
	<p>▶ <b>SAY:</b> We have come to the end of Prevent T2. Today, we discussed how keeping your healthy lifestyle going can help you prevent or delay type 2 diabetes. We talked about:</p> <ul style="list-style-type: none"> <li>■ How far you’ve come since you started this program</li> <li>■ How to keep your healthy lifestyle going once this program ends</li> <li>■ Your goals for the next six months</li> </ul> <p> <b>DISCUSS:</b> Do you have questions about anything we talked about today, or anything at all?</p> <p>▶ <b>SAY:</b> And now it’s time to celebrate!</p> <p> <b>DO:</b> Hold a small celebration. Here are some ideas:</p> <ul style="list-style-type: none"> <li>■ Eat healthy snacks.</li> <li>■ Give each participant a group photo. Suggest that participants sign each other’s photo.</li> <li>■ Hand out Certificates of Completion.</li> <li>■ Have a group hug.</li> <li>■ Have a round of applause.</li> <li>■ Toast with sparkling water.</li> </ul> <p><b>Meeting adjourned.</b></p>