

VISUAL NOTES	AUDIO
<p>00:00 - 00:08</p> <p>A group of participants meet and laugh with their lifestyle coach in a group session.</p>	<p><i>Music</i></p> <p>[FEMALE NARRATOR] Lifestyle coaches with the CDC-led National Diabetes Prevention Program are your guides on the journey to better health.</p>
<p>00:09 - 00:12</p> <p>Participant Marie’s interview.</p> <p>00:13 – 00:22</p> <p>The lifestyle coach encourages the group and congratulates Marie during the session.</p>	<p>[MARIE, PARTICIPANT] My lifestyle coach played a huge role in my success.</p> <p>She was enthusiastic, encouraging, and I had someone to congratulate me when I finally reached my goal.</p>
<p>00:23 – 00:30</p> <p>Participant Dennis’ interview</p> <p>Participants listen to the lifestyle coach during the group session.</p>	<p>[DENNIS, PARTICIPANT] She kept us motivated. She made it fun.</p> <p>I felt like getting up, getting out, but when we did fall, she would help pick us up.</p>
<p>00:31 – 00:40</p> <p>Lifestyle coach Sarah’s interview.</p> <p>00:41 – 00:51</p> <p>A plate of salad is dressed.</p> <p>A group of participants laugh and enjoy each other’s company while having a healthy dinner.</p>	<p>[SARAH, COACH] The lifestyle change program is about understanding your own patterns and preferences and what fits into your lifestyle.</p> <p>It’s how do I maintain the changes that I’m making when I go to the wedding or the baby shower or the vacation.</p> <p>And that can be a really life-changing experience for them in many, many ways.</p>
<p>00:52 – 01:01</p> <p>TEXT ON-SCREEN] National Diabetes Prevention Program</p>	<p>[FEMALE NARRATOR] Type 2 diabetes can be prevented.</p>

CDC DTT

National DPP Testimonial Video 4 – Lifestyle Coaches: Trained Guides on the Journey to Better Health  
Annotated Transcript

<p>CDC’s proven program to help you prevent or delay type 2 diabetes. <a href="http://www.cdc.gov/PreventType2">www.cdc.gov/PreventType2</a></p>	<p>Learn how personalized coaching can make a difference.</p> <p>Visit <a href="http://www.CDC.gov/PreventType2">www.CDC.gov/PreventType2</a></p>
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