



Take Charge

Now is the time to prevent type 2 diabetes

Course Materials

Topic	Learning Activities	Resources
Introduction/How to Get and Stay Active; Why Physical Activity Matters » Webinar	Make a physical activity plan for each week. What activities do you currently enjoy? What new activity can you try? Start where you are and increase to 150 mins/week or more.	» Participant Guide – Get Active to Prevent Type 2
The Role of Nutrition in Preventing Type 2 and How to Cook for Success » Webinar	Assess your current eating pattern and start making small adjustments to increase nutrition. Some areas of focus could include: <ul style="list-style-type: none"> » Increasing vegetables and fruit » Replacing refined grains with whole grains » Decreasing your intake of red meat » Set a small goal, then add to your success 	» Participant Guide – Eat Well to Prevent Type 2 » Choosing Lean Cuts of Meat » Choosing Whole Grains » Cooking Whole Grains » Fruit & Veggie Guide
Cope with Triggers and Take Charge of Your Thoughts » Webinar		» Participant Guide – Cope with Triggers » Participant Guide – Take Charge of Your Thoughts » Habit Loop
Heart Health » Webinar	Set a goal to stand up and move every half hour if your job is mostly sedentary. Choose one positive outlet for stress: try meditation, yoga, spending time in nature.	» Participant Guide – Heart Health » Spending Time Outside Relieves Stress
Eat Well Away from Home » Webinar	Utilize the internet to research the nutrition information for the restaurants you visit. Be prepared before you go to choose healthier options.	» Participant Guide – Eat Well Away from Home » Healthy Eating from American Heart
Stay Motivated to Prevent Type 2 Diabetes » Webinar	Practice these five tips to stay motivated with your health goals: <ul style="list-style-type: none"> » Find someone to help you be accountable » Aim for “good enough” not perfection » Set small goals » Feel comfortable with discomfort » A little prep goes a long way 	» Participant Guide – Stay Motivated to Prevent Type 2