



Module 6: Get More Active

Participant Guide



Session Focus



Getting more active can help you prevent or delay type 2 diabetes.

In this session we will talk about:

- The purpose of getting more active
- Some ways to get more active
- How to track more details about your activity

You will also make a new action plan!

Tips:

- ✓ To make sure you're working out at a moderate, or medium, pace, use the Talk Test. That means you can talk, but not sing, through your activity.
- ✓ Try to get a little more active each week.



Ways To Get More Active

Olga's Story—Part 1

Olga is at risk for type 2 diabetes, so she's trying to get a little more active each week. Her goal is to be active for at least 150 minutes per week at a moderate pace.

Week 1: Olga takes a gentle stroll around the block. It takes her about 10 minutes. She does this for 3 days that week.

Week 2: Olga walks around the block two times. It takes her 17 minutes. She does this for 5 days that week.

Week 3: Olga walks around the block three times each on Monday, Tuesday, and Wednesday. It takes her 21 minutes. Toward the end of the week, her work gets very busy, and she ends up staying late a couple of days. It's dark by the time she gets home, and she doesn't want to be active.

By Saturday, she is discouraged and feels like giving up. She does not get active at all that weekend.



Olga's Story—Part 2

Week 4: Olga decides to follow the same walking schedule as she did on Monday through Wednesday of Week 3. Monday is hard because she missed several days, but Tuesday is better, and by Thursday she is again able to walk around the block three times in 21 minutes. On Friday, she is feeling great and adds some hills to her route. This week, she exercises every day. Starting on Saturday, she also does 2 sets of 3 reps with a resistance band.

Week 5: Olga follows the same walking schedule as she did on Monday through Wednesday of Week 3. She walks around the block 3 days this week. For 2 days this week, she also does 3 sets of 5 reps with a resistance band.

These days, Olga is meeting her activity goals. She's lost weight. And her blood sugar is lower than it was before she started getting more active.

Build Your Muscles

Building your muscles has many benefits. Which are most important to you?

- Increases strength
- Reduces the risk of falls
- Increases muscle mass and bone density
- Improves balance, coordination, and mobility
- Maintains independence in performing activities of daily life
- Boosts metabolism
- Improves mood
- Helps to boost calorie burn
- Helps to improve sleep
- Boosts self-confidence and self-esteem
- Reduces the signs and symptoms of many diseases and chronic conditions

It is important to build muscles safely. Here are important safety tips to remember:

- If you have health concerns, you should talk to your doctor before you start any activity program.
- Warm up before being active and cool down afterwards.
- Be active at the proper intensity, with the correct amount of weight for your current level of strength.
- Perform activities to the point at which it would be difficult to do another repetition.
- Don't perform activities quickly. They should be done in a slow, controlled motion.
- Breathe regularly throughout each activity.
- If you are not well enough to be active, take a break and see how you feel the next day.
- Try athletic shoes with good support, such as walking, running, or cross-training sneakers.
- Never wear ankle weights or hold dumbbells while walking or doing other aerobic exercises such as biking or jogging.

Wall Push-Ups

Face a wall. Stand a little more than arm's-length away. Keep your feet flat on the floor, shoulder width apart.

1. Face a wall. Stand a little more than arm's-length away. Keep your feet flat on the floor, shoulder width apart.
2. Lean forward. Put your palms flat against the wall at shoulder height and shoulder width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall. Use a slow, controlled motion.
4. Hold the position for 1 second.
5. Breathe out. Slowly push yourself back until your arms are straight.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.

Arm Raises With Weights

1. Stand or sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder width apart.
2. Hold weights at your sides at shoulder height. Keep your palms facing forward. Breathe in slowly.
3. Slowly breathe out as you raise both arms over your head. Keep your elbows slightly bent. Keep your palms facing forward.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.



Start with light weights. Work your way up to heavier weights. You can do one arm at a time, if that is easier. If you prefer, you can use soup cans or other objects.

Arm Curls With Resistance Bands

1. Sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight. Slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.



Start with a stretchy band. Work your way up to a less stretchy band.

If your resistance band has a handle, hold on tightly. If the band has no handle, wrap it around your hand to keep it from slipping.

Sources:

National Institute on Aging, “Exercise and Physical Activity: Your Everyday Guide. Sample Exercises: Strength” (<https://order.nia.nih.gov/sites/default/files/2018-04/nia-exercise-guide.pdf>)

CDC and John Hancock Center for Physical Activity and Nutrition, “Strength Training for Older Adults – Growing Stronger” (https://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf)

CDC, “2008 Physical Activity Guidelines for Americans, Fact Sheet for Health Professionals on Physical Activity Guidelines for Older Adults” (https://www.cdc.gov/physicalactivity/downloads/PA_Fact_Sheet_OlderAdults.pdf)

Strategies for Increasing Your Activity

- Do bicep curls with a can of food while you march in place.
- Do more reps or sets.
- Lift heavier weights.
- Push a stroller while you walk.
- Take more steps per day or per week.
- Walk farther.
- Walk faster.
- Walk longer.
- Walk up steeper hills.



How will you get more active over the next few weeks?

Week 1: _____

Week 2: _____

Week 3: _____



Plan for Success

Get Active Personal Success Tool Module

This “Get Active” module contains a quiz, suggested physical activities based on your preferences, and tailored feedback on your activity level and readiness to change.



PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Walk. Run. Bike. Dance.
It's time to get active!

Are you active already? Are you starting out for the first time? Whatever form of physical activity you choose, remember that it's OK to start small. Because small steps over time lead to big changes.

Let's get moving!

www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html