



Get Moving!

Target Audience: Anyone, including persons with diabetes and those who are at risk for developing diabetes

Objectives: Participants will be able to:

1. Describe ways in which physical activity can improve overall health
2. List 3 reasons why weight loss helps to prevent and control diabetes
3. Identify ways to incorporate physical activity into their schedules

Time Required: 15 minutes without physical activity exercise; 30 minutes with physical activity exercise

Equipment: laptop, or overhead projector and screen, tablets and easels

Teaching tools: Exercise ball, resistance bands, jump rope, free weights

Handouts:

“Get Moving: Getting Started”

“Low Cost Activity Options”

“My Physical Activity Log”

“Physical Activity Contract”

“Getting More Active for People with Diabetes”

“Getting Started with Weight Control: Increased Activity”

Lesson Plan

Physical Activity

Many people in this country have a sedentary lifestyle. This means that they do not move as much as they should. Sitting in front of the TV and computer has contributed to the obesity problem that we now face.

The recommended amount of time each week to help prevent diabetes is 150 minutes, or 30 minutes 5 days a week. If you wish to lose weight, it is recommended that you move 60 minutes every day.

Walking is a low-impact exercise that requires no special equipment except good shoes that fit well and give good support.

Show Slide “How to Have a Successful Walking Program”

In order to be successful at getting physical activity every day, there are many things to consider:

- find a buddy; it helps to have a companion so that you can motivate each other
- do something you enjoy; it could be gardening, walking, hiking, playing tennis, swimming, or going to a gym
- add variety to your physical activity so you won't get bored
- keep a log of your activity; this helps track your progress
- reward yourself with non-food items, such as a pedicure, manicure, new tie, or a movie

Handouts: “My Physical Activity Log”
“Physical Activity Contract”

Reaching and Maintaining a Healthy Weight

Many people who are overweight are often told that they need to achieve so-called “ideal” body weight. This weight might be 50 to 100 pounds less than what they currently weigh. Unfortunately, few people ever achieve this weight, so they become discouraged.

The goal here, though, is not an “ideal” body weight but a “healthy” body weight. What is a healthy body weight? A healthy body weight is the stable weight you achieve when you eat adequate amounts of nutritious food and do 30 or more minutes of physical activity on most days—preferably all days of the week.

Show slide “A Healthy Body Weight”

Research has shown that losing only 5-7% of your body weight can decrease your chances of cardiovascular disease by 58%. Even a weight loss of just 10 to 20 pounds can lower blood pressure, blood glucose, and lipid levels significantly. It is much better for a person to lose a smaller amount of weight and keep it off than to lose a large amount of weight and gain it all back.

Show Slide “Benefits of Moderate Weight Loss”

If you have diabetes, you should know that insulin works best in leaner people who have more muscle mass. Fat cells do not use insulin well. By losing weight and by developing more muscle by exercising optimizes insulin use.

Group Activity 1

Lead a discussion about what can be done in the work setting. Options could include:

- walking groups
- distance markers for perimeter of the property
- identifying locations for exercise classes
- use of exercise videos
- competition between teams with incentives for group membership rates or discounts at local gyms

Group Activity 2

Lead a discussion about what management can do to support physical activity in the workplace.

Invite discussion about sharing ideas with management and implementing policies.

Group Activity 3

Ask what can be done at home to increase physical activity. Write down suggestions on the tablet and invite discussion among participants.

Group Activity 4

If a personal trainer is available, have trainer demonstrate proper form while using teaching tools

- demonstrate use of exercise ball, jump rope, elastic exercise bands
- if possible, demonstrate what can be done as pairs or in a group

National Diabetes Education Program Materials

www.yourdiabetesinfo.gov

www.ndep.nih.gov

Activity Counts—for All Ages!

<http://www.ndep.nih.gov/media/activity-counts.pdf>

Move It! Posters

<http://ndep.nih.gov/media/moveit-poster-1.pdf>

Tips for Teens with Diabetes: Be Active

http://ndep.nih.gov/media/Youth_Tips_Active.pdf

http://ndep.nih.gov/media/KidsTips_Active_Spanish.pdf

Step by step: Moving towards prevention of Type 2 Diabetes Music CD (NDEP-93)

<http://ndep.nih.gov>

Movimiento Por Su Vida music CD (NDEP-62CD) <http://ndep.nih.gov>

Five Ways Older Adults Can Be More Physically Active

<http://ndep.nih.gov/media/five-ways-older-adults-active.pdf>

Support Behavior Change Tools for physical activity

<http://ndep.nih.gov/sbcr/SBCRSearchTool.aspx>