

# Preventing Diabetes

## Being Active

<b>Objectives:</b>	<p>Participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ State why being physically activity 30 minutes a day, at least 5 days a week is important</li> <li>▪ Describe the different types of physical activity</li> <li>▪ Identify a physical activity that they can incorporate into their lifestyle</li> </ul>
<b>Time Required:</b>	20 minutes
<b>A-V:</b>	PowerPoint, laptop and projector
<b>Handouts:</b>	<ul style="list-style-type: none"> <li>▪ Pre-diabetes – <i>What Is it and What Can I Do?</i>*</li> <li>▪ My Healthy Living Action Plan Worksheet</li> <li>▪ Is Walking Enough?</li> </ul>
<b>Talking Points:</b>	<ul style="list-style-type: none"> <li>▪ Regular physical activity is important for many reasons (review list on slide)</li> <li>▪ Walking is a very effective and popular physical activity</li> <li>▪ If haven't been physically active, start slowly and gradually increase your length of activity</li> <li>▪ Develop your plan: (go through the questions on the slides and ask participants to answer each question)</li> <li>▪ If walking is not for you, there are other ways to be active. Answer the same set of questions for any activity you select</li> <li>▪ Different types of activity provide different benefits: <ul style="list-style-type: none"> <li>○ Being active through the day</li> <li>○ Aerobic activity</li> <li>○ Strength training</li> <li>○ Flexibility exercises</li> </ul> </li> <li>▪ What are the barriers that keep you from being physically active?</li> <li>▪ How can you overcome the barriers?</li> <li>▪ For more information: <ul style="list-style-type: none"> <li>○ Call 1-800-diabetes</li> <li>○ Visit the Diabetes Learning Center and Club Ped at <a href="http://diabetes.org">diabetes.org</a></li> </ul> </li> </ul>
<b>Activity:</b>	Participants develop a plan to be physically active 30 minutes a day, at least 5 days a week

\* Used in all "Preventing Diabetes" presentations