

Protect Your Health by Losing Weight

Objectives:	<p>Participants will be able to:</p> <ul style="list-style-type: none"> ▪ State why weight loss is important for those that are overweight ▪ Identify strategies they can use to lose weight ▪ Identify barriers to losing weight and possible solutions
Time Required:	20 minutes
A-V:	PowerPoint, laptop and projector
Handouts:	<ul style="list-style-type: none"> ▪ Choose to Live – Your Survival Guide* ▪ My Healthy Living Action Plan Worksheet
Talking Points:	<ul style="list-style-type: none"> ▪ Losing weight can improve the diabetes ABCs (A1C, blood pressure and cholesterol) ▪ You do not need to reach your “ideal” weight to see benefits; a loss of only 10 to 15 pounds can be beneficial ▪ There are proven strategies to help with losing weight ▪ What are the strategies that you can use to decrease calories and fat and to increase physical activity? ▪ Keeping records of what you eat and your physical activity will help keep you on track ▪ Find a source of support that works for you ▪ What are your barriers? What are some possible solutions? ▪ For more information: <ul style="list-style-type: none"> ○ Call 1-800-diabetes ○ Visit the Diabetes Learning Center and Weight Loss Matters at diabetes.org
Activity:	<p>Participants:</p> <ul style="list-style-type: none"> ▪ Check items on a list that they will do to help lose weight ▪ Identify their barriers to taking action and potential solutions

* Used in all “Managing Diabetes” presentations