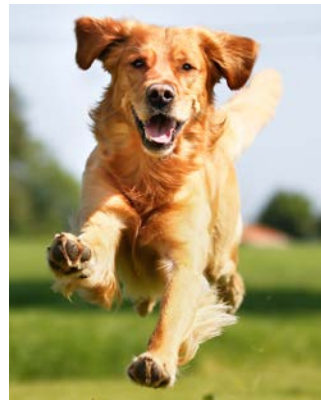


Introduction: At each follow-up visit the D2d study will provide you with a handout on the lifestyle changes you can make to reduce your risk for diabetes. Research shows that losing 5% to 7% of your body weight (about 10 to 14 pounds for a 200-pound person) and getting at least 150 minutes each week of physical activity can help you prevent or delay type 2 diabetes. We hope you find the information in these handouts helpful.

## *Jump Start Your Activity Routine*

*Activity routine getting a little boring?*



*Find ways to jump start it and give it new energy!*

Do you find yourself slipping back into old habits of not being active? What are some ways you can think of to “break the boredom” of regular exercise? Here are a few ideas just to get you started:

- Seek variety – try something completely new that you’ve never done before
- Try doing your activity in a whole new place
- Find a workout partner
- Rely on the pleasure principle – combine physical activity with something else you enjoy, like music, shopping, or being out in nature
- Be active as a way to be social
- Challenge yourself

The best solution, of course, is to find something that you really love to do in the first place – something that you just can’t wait to do every day. There are an unlimited number of possibilities when it comes to physical activity and no shortage of ideas, so keep exploring and trying new things until you find something you love to do!

## *Why should I exercise? What do I get out of it?*

- ♥ **Weight Control:** the more physically active you are, the greater your ability to reach *and stay* at a healthy weight.
- ♥ **More Energy:** the more physical activity you get, the better you feel. Physically active people report having more energy for work and play than inactive people.
- ♥ **Improved mental alertness:** studies show physically active people have better memory, reaction time, and concentration.
- ♥ **Less Stress and Anxiety:** Most people report feeling calm and relaxed for one to two hours following a brisk walk. Hormones and chemicals that build up during high-stress periods decrease when you are active.
- ♥ **Better heart health:** physical activity can help lower blood pressure and total cholesterol in the bloodstream. It can also raise HDL (“good”) cholesterol, which lowers your risk for heart disease.
- ♥ **Improved self-image and better outlook:** regular physical activity heightens your sense of well-being, self-esteem and personal value.
- ♥ **Better Sleep:** researchers find that people who are regularly active-including regular walkers-fall asleep more quickly, sleep more soundly, and are more refreshed in the morning.

## *How hard should I be working?*

Rate yourself by checking the box that shows how you feel when you are active:

How hard are you working?			
Intensity	Rating	Description	Goal
Very, Very Light		“I am not working hard at all. I can talk and even sing easily.”	Try working a little harder.
Very Light			
Fairly Light		“I am working and breathing a little harder than usual. I can still talk easily.”	<p style="margin: 0;"><b>Stay in this range.</b></p>
Somewhat Hard		“I am working and breathing somewhat hard. I can talk fairly easily.”	
Hard		“I’m working hard and breathing deeply. I can still talk.”	
Very Hard		“I’m working very hard. I cannot catch my breath or talk.”	Slow down. Rest for a while.
Very, Very Hard			

You should always check with your doctor when you plan to make major increases in the intensity of your physical activity.

## *What keeps you from being more physically active?*

### **Don't like to do physical activity?**

- Try an activity that you have never done before.
- Ask a friend to join you; the support and company may make the experience more enjoyable.
- Listen to music while doing activity.

### **Not enough TIME?**

- Break down physical activity time throughout the day. For example, do two 15-minute sessions or three 10 minute sessions instead of one 30 minute session. You will burn the same number of calories and will receive the same health benefit from doing short bouts of physical activity as you would if you did one long routine.
- Multi-task other activities. For example, take your dog for a brisk walk or use an exercise bike while catching up on the latest news on TV.

### **Need that leisure time to RELAX?**

- Consider that physical activity actually helps with relaxation; it reduces tension and brings on feelings of relaxation.
- Many leisure activities are fun, relaxing, and still count as physical activity like taking a walk or going for a swim.

### **No WILLPOWER or ENERGY for physical activity?**

- Keep in mind that physical activity actually increases energy; many people report feeling livelier after being active.
- Focus on just getting started with an activity-starting up is the hardest part. Once you're going, "willpower" becomes much less of a problem.

### **Don't like to SWEAT?**

- Do your physical activity where no one can notice you are sweating, such as at home.
- Keep a towel handy to wipe off sweat as soon as it develops.
- Remember that sweating is not dangerous; it is part of your body's natural response to activity.

### **No PLACE to get physical activity?**

- Pick activities that you can do as part of your normal routine, such as an exercise video for your home, or walking around a shopping mall.
- Explore local options like parks recreational centers or health facilities.

### **No CHILDCARE?**

- If your children are young, put them in a stroller and bring them along.
- If your children are older, use at-home equipment like a stationary bicycle or exercise video.
- Combine your physical activity with the family like a family bike ride.

## *Maintaining Your Momentum: Staying Motivated, Staying Active*



- ✓ **Stay Positive:** remind yourself of your past successes, and picture yourself being active for a lifetime.
- ✓ **Buddy Up:** physical activity can be a lot more fun when you do it with others. Take a walk with a co-worker, your family, your dog, or a neighbor.
- ✓ **Keep track and look back:** Keeping track of the physical activity you get each day will serve as motivation later. Look back to see how you've maintained or increased your activity each week.
- ✓ **Seek Support:** check your local newspaper or search the internet for information on walking or hiking clubs in your area. Many places have group workouts tailored to certain interest (singles, families, older adults, etc.) that keep you inspired and active.
- ✓ **Don't expect perfection:** if you get off track, learn from your experience and find ways to deal with similar situations in the future. Know that you can always get back on track.
- ✓ **Keep things in perspective:** think of all the good things in your life, and try to maintain a positive attitude.
- ✓ **Note the benefits:** recognize the benefits you experience from your increased activity, such as more energy, a more positive outlook, or a slimmer waistline. When the going gets tough, refocus on these benefits.

