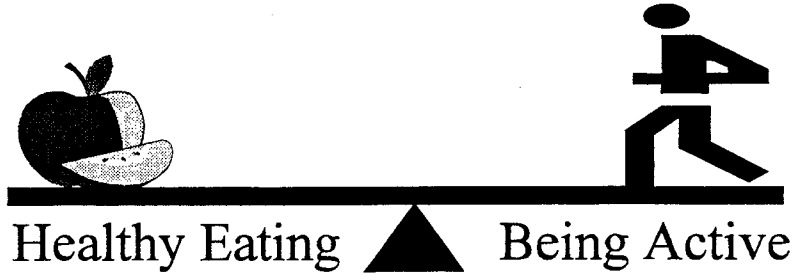


# Lifestyle Balance



## The Diabetes Prevention Program's *Lifestyle Change Program*

Your name: \_\_\_\_\_

Your Lifestyle Coach is \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

# Session 1A: Welcome to the Lifestyle Balance Program.

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## Remember your purpose.

- Why I joined the Diabetes Prevention Program:

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- What I hope to achieve by taking part in the DPP:

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- How healthy eating and being active will help me and/or others:



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The Lifestyle Balance Program is one of three groups in the Diabetes Prevention Program. In this group, the focus is on making lifestyle changes to try to prevent diabetes.

We use the words "Lifestyle Balance" because we will help you reach a **healthy balance between two parts of your lifestyle:**



• What you eat and

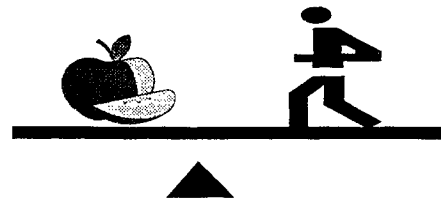


• How physically active you are.

Your Lifestyle Balance goals will be to:

1. Lose weight through healthy eating, and
2. Be more physically active.

*Lifestyle Balance*



We strongly believe that making these lifestyle changes and keeping them up over time will **prevent diabetes** in people like you who are at risk of diabetes.

The Lifestyle Balance program has been carefully designed.  
It is based on many research studies of the best ways to help people change.

In this program we will help you:

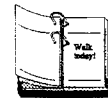
- Learn the facts about healthy eating and being active.
- Learn what makes it hard for you to eat healthy and be active.



And learn **how to change these things so they work *for* you**, not against you.

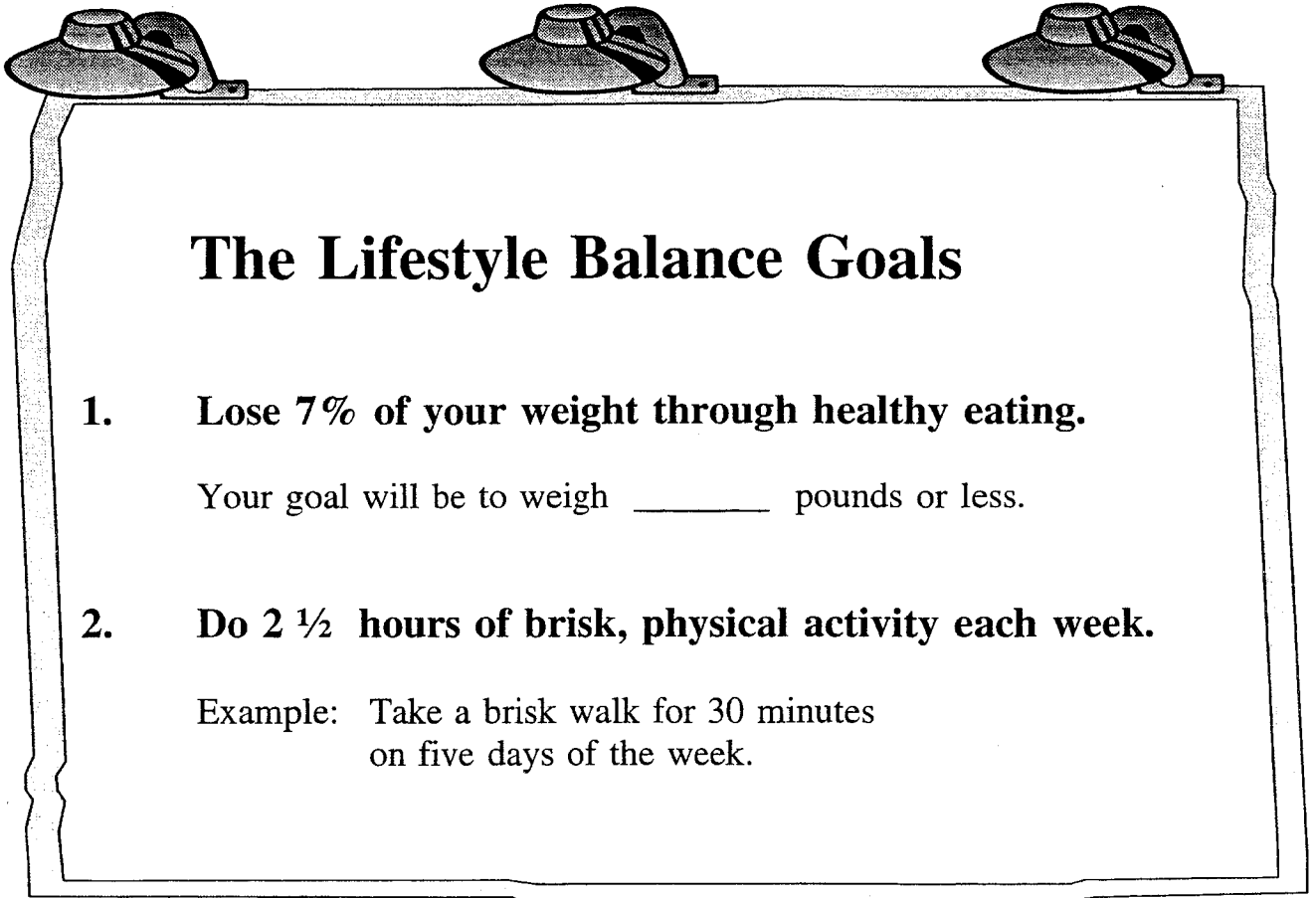
For example, you'll learn how to:

- Find the time to be active.
- Ask for what you want when you eat out.
- Keep things around you at home and at work that make you want to be active and eat healthy.  
Get rid of things that get in your way.
- Stop negative thoughts and replace them with positive ones.
- Get back on your feet again when you slip from your plans for healthy eating and being active.
- Handle stress, social events and other people that make it hard for you to change.



**We will also give you the long-term support you need.**

We will be your coaches.



## The Lifestyle Balance Goals

- 1. Lose 7% of your weight through healthy eating.**  
Your goal will be to weigh \_\_\_\_\_ pounds or less.
- 2. Do 2 ½ hours of brisk, physical activity each week.**

Example: Take a brisk walk for 30 minutes  
on five days of the week.

The Lifestyle Balance goals are safe and can be reached.

We will help you reach the goals by making:

- Gradual,
- Healthy, and
- Reasonable changes in your eating and activity.

# Reaching the Lifestyle Balance goals:

## 1. May prevent diabetes.

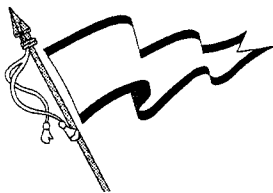
Research has shown that leaner and more active people are less likely to get diabetes. Also, moderate weight loss and physical activity have been shown to improve the body's use of insulin. This can reduce the chance of getting diabetes.

## 2. Will help you look and feel better and be more healthy.

Research has shown that losing weight and being active can:

- Relieve tension, help you relax and sleep.
- Give you more energy, make it easier to get around.
- Lower blood pressure.
- Lower blood levels of LDL ("bad" cholesterol or fat in the blood).
- Raise blood levels of HDL ("good" cholesterol or fat in the blood).

## 3. Will set a good example for your family, friends, and community.



Changing behavior takes work.  
We are here to help. And you can do it!

# We will work together as a TEAM.

## I will count on you to:

- Come to sessions and bring your Lifestyle Balance notebook. Call 24 hours ahead if you must miss a session.
- Do your best to reach your eating and activity goals. That includes doing home activities to practice what you learn.
- Keep track of your eating and activity 7 days a week. Be honest. (Don't try to "please me.")
- Keep track of your weight at home.
- Let me know if you have any problems.
- Stay willing and open to change. Always "hang in there."



## You can count on me to:

- Go over your records of what you eat and your activity. Notice what you are doing well and what can be improved.
- Answer your questions.
- Be honest.
- Stand by you during hard times.
- Believe you can reach your eating and activity goals. Always "hang in there" for you. Support and help you.



**We agree to work together in the ways described above.**

Signed: \_\_\_\_\_  
\_\_\_\_\_

# Lifestyle Balance



Sessions



You are welcome to invite a friend or family member.

Session	Topic
1A	Welcome to the Lifestyle Balance Program.
1B	Getting Started Losing Weight.
2	Be a Fat Detective.
3	Three Ways to Eat Less Fat.
4	Healthy Eating.
5	Move Those Muscles.
6	Being Active: A Way of Life.
7	Tip the Calorie Balance.
8	Take Charge of What's Around You.
9	Problem Solving.
10	Four Keys to Healthy Eating Out.
11	Talk Back to Negative Thoughts.
12	The Slippery Slope of Lifestyle Change.
13	Jump Start Your Activity Plan.
14	Make Social Cues Work <i>for</i> You.
15	You Can Manage Stress.
16	Ways to Stay Motivated.



# Session 1B: Getting Started Losing Weight.

To help you lose weight,  
our goal is to help you to **eat healthy**.



Healthy eating involves **eating less fat**.

Eating too much fat is fattening (makes us fat) and is related to heart disease and diabetes.

The first step to eating less fat is to  
figure out how much fat you are eating *now*.

**Write down everything you eat and drink every day.**

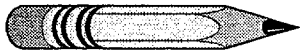
It's the **MOST IMPORTANT** part of changing your behavior.

Spelling **IS NOT** important. What **IS** important is to:

- Be honest (**write down what you really eat**).
- Be accurate (**measure portions, read labels**).
- Be complete (**include everything**).



Being aware of what you eat is the first step toward change.



## **To do next week:**

### **I will:**

- Write down everything I eat and drink every day.**

Include:

- Time.
- Amount and the name of the food and a description.

Skip the other columns.

Use one line for each food.

Skip activity.

- Circle some of the foods or drinks I think are highest in fat.**
  
- Bring my Keeping Track book and notebook to the next session.**

# Keeping Track (Practice Page)

Time	Amount	Food: Name/Description	Grams of Fat	Calories

Practice Page

Total: \_\_\_\_\_

Kind of Physical Activity	Minutes

Total: \_\_\_\_\_