

Session 10 – Tips to Get Active

I. Objectives

- Understand the importance of staying active
- List different physical activities



II. Introduction

Being physically active is important to prevent or control type 2 diabetes. When people exercise frequently the muscle builds up and makes a protein called Glutamine 4. Glutamine 4 acts like insulin. It grabs sugar and drags it inside the cell to use like fuel. It is like gasoline in your car's tank.

When the muscle works, the pancreas can rest. Being active also helps to sleep better, strengthen bones and muscles, have more energy and contribute to a better self-image.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will provide the client the following tips to be physically active.

Make Time – Schedule a regular time for physical activity. Schedule your time so that your family engages in physical activity a minimum of 150 minutes per week. Studies have shown that getting a minimum of 150 minutes (average 30 minutes daily) of physical activity per week and following a healthy diet reduced the chances of developing diabetes by 58 percent. Metformin, a strong anti-diabetes drug reduced the chances of developing diabetes by only 31 percent.

Use a family activity log – Use the log to help you schedule days of physical activity, record physical activities performed, time spent working out and total time per week.

Take turns – allow everyone to have a chance at picking an activity. This is important so that children do not feel left out and your work outs do not become chores.

Limit TV and video time – The most common complaint people have when starting to work out is that they do not have enough time. Limiting TV, video games and computer has a tendency to unearth quite a bit of time. As an alternative there are now video physical activity games.

Find community activities – If your scenery at home starts to become stale find activities in the community. Go to the park, find hiking trails or go jump into the local swimming pool.

Incorporate household chores – Have the entire family help with chores like yard work, washing the car, and cleaning house.

Go to the mall on the weekends – Go walk inside the mall on weekends. The temperature is always right and the view is pleasant. Just refrain from wanting to purchase everything you see.

Dancing – Get some dancing in on the weekends.

In conclusion the key concept here is to **MOVE, MOVE, MOVE,** in a way you and your family find enjoyable. Try walking 10,000 steps daily during your daily activities. Use a

pedometer, fitness watch or apps in your smartphone to track the amount of steps walked on a daily basis.

V. Activity

Record the number of minutes of physical activity completed.

Set a goal to incorporate physical activity at least 150 minutes a week.



Weekly Log: Physical Activity

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Daily							Weekly Total

