

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Sessions:

First 6 months of the program

- Introduction to the Program
- Get Active to Prevent T2
- Track Your Activity
- Eat Well to Prevent T2
- Track Your Food
- Get More Active
- Burn More Calories Than You Take In
- Shop and Cook to Prevent T2
- Manage Stress
- Find Time for Fitness
- Cope with Triggers
- Keep Your Heart Healthy
- Take Charge of Your Thoughts
- Get Support
- Eat Well Away from Home
- Stay Motivated to Prevent T2

Last 6 months of the program

- When Weight Loss Stalls
- Take a Fitness Break
- Stay Active to Prevent T2
- Stay Active Away from Home
- More About T2
- More About Carbs
- Have Healthy Food You Enjoy
- Get Enough Sleep
- Get Back on Track
- Prevent T2—for Life!