



DIABETES PREVENTION PROGRAM

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Week 2, Session 2:

Monday, November 16, 2020 to Sunday, November 22, 2020

SESSION FOCUS	Get Active to Get Healthier
KEY POINTS	<ol style="list-style-type: none"> 1. Benefits of getting active 2. Learn ways to get more active 3. Learn how to be active and be safe
ACTION PLAN	<ul style="list-style-type: none"> <input type="checkbox"/> Watch “Getting Active” video to learn more about the benefits of getting active ▶ Getting Active Video <input type="checkbox"/> Watch the 2 videos linked here for ideas on how to get more active. <ul style="list-style-type: none"> ▶ Have a Blast with this Family Fun Cardio Workout! ▶ Beginner 1 Mile Walk / Walk at Home <input type="checkbox"/> Review handout “Getting Active” and plan how you will get active. Click Here <input type="checkbox"/> Review handout “Be Active Be Safe” – make sure to include these safety tips as you start your plan to become active. Click Here <input type="checkbox"/> Implement your “Getting Active” plan.

If you have any questions or would like to connect with a Lifestyle Coach for more ideas or one-on-one support, please contact **Lindsey Lee** by email at linds eyl@h mong.org or by phone (612) 244-5721.