



# DIABETES PREVENTION PROGRAM

## TIV THAIV MOB NTSHAV QAB ZIB



### Week 3, Session 3:

Monday, November 23, 2020 to Sunday, December 6, 2020

Session 3 will run for 2 weeks. Enjoy your Thanksgiving break with loved ones and stay safe!

<b>SESSION FOCUS</b>	Portion Control and Tracking Your Activity
<b>KEY POINTS</b>	<ol style="list-style-type: none"> <li>1. Learn ways to control what you eat</li> <li>2. Learn how to control your portion during the holiday feast</li> <li>3. Learn how to track your physical activity</li> </ol>
<b>ACTION PLAN</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Watch Portion Control and Activity Tracking Video  <input checked="" type="checkbox"/> <a href="#">Portion Control &amp; Track Your Activity Video</a></li> <li><input type="checkbox"/> Review handout “How to Track Your Activity” – find the best tracking method that works for you and your family.  <a href="#">Click Here</a></li> <li><input type="checkbox"/> Track your family’s daily activity by using the “Fitness Log” sheet.  <a href="#">Click Here</a></li> <li><input type="checkbox"/> Review cardio workout video to learn some new cardio work out moves. Make sure to record these on your fitness log.  <input checked="" type="checkbox"/> <a href="#">15-Minute Beginner’s At-Home Cardio</a></li> </ul>

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 [lindseyl@hmong.org](mailto:lindseyl@hmong.org) or by phone (612) 244-5721.