



DIABETES PREVENTION PROGRAM

TIV THAIV MOB NTSHAV QAB ZIB



Week 8, Session 7:

Monday, January 11, 2021 to Sunday, January 17, 2021

SESSION FOCUS	Burn More Calories Than You Take In
KEY POINTS	<ol style="list-style-type: none"> 1. Recognize the link between calories and weight. 2. Learn ways to eat fewer calories. 3. Learn how to burn more calories than what you take in.
ACTION PLAN	<ul style="list-style-type: none"> <input type="checkbox"/> Ways to Burn More Calories – review activity chart to learn the many ways you can burn more calories. English- Click Here Hmong- Click Here <input type="checkbox"/> Rethink Your Drink - review drink chart to learn how much calories there are in your favorite drinks. English- Click Here Hmong- Click Here <input type="checkbox"/> Ways to Eat Fewer Calories - watch video to learn how to cut calories at each meal and get ideas on healthy swaps to make. <ul style="list-style-type: none"> ▶ <u>Ways to Eat Fewer Calories Video</u> <input type="checkbox"/> Calories In and Out – watch video to learn what calories are, figure out how much calories you take in and how to track the calories you burn. Plus, tips to burning more calories and losing weight! <ul style="list-style-type: none"> ▶ <u>Calories In and Out Video</u> <input type="checkbox"/> Watch “Khoo Zaub Mov & Exercise: Qhov Twg Zoo Tshaj?” video by Ncais Literature to learn the 80/20 rule on how to control your eating habits/diet (80%) and exercise (20%) to help you lose weight. <ul style="list-style-type: none"> ▶ <u>Khoo Zaub Mov & Exercise: Qhov Twg Zoo Tshaj? Video</u>

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 or by phone (612) 244-5721.