



DIABETES PREVENTION PROGRAM

TIV THAIV MOB NTSHAV QAB ZIB



Week 7, Session 6:

Monday, January 4, 2021 to Sunday, January 10, 2021

SESSION FOCUS	Get More Active
KEY POINTS	<ol style="list-style-type: none"> 1. Purpose of Getting More Active 2. Ways to Get More Active 3. Track More Details About Your Fitness 4. Build Your Muscles
ACTION PLAN	<ul style="list-style-type: none"> <input type="checkbox"/> Watch “Get More Active” PowerPoint video to learn the purpose of getting more active, ways to get more active, and how to build your muscles, and track more details about your fitness. <ul style="list-style-type: none"> ▶ “Get More Active” PowerPoint <input type="checkbox"/> Review “Ways to Get More Active” handout showing various ways to get active with a fill in the blank 3-week goal; may use sheet to track more details about fitness. Click Here <input type="checkbox"/> Build Your Muscles: Watch 2 videos on how to build your muscles by doing wall push-ups and arm raises with weights. <ul style="list-style-type: none"> ▶ Wall Push-Ups for Beginners Video ▶ How to Do Arm Raises Video

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.