



DIABETES PREVENTION PROGRAM

TIV THAIV MOB NTSHAV QAB ZIB



Week 13, Session 10: Monday, February 15, 2021 to Sunday, February 21, 2021

SESSION FOCUS	Find Time for Fitness
KEY POINTS	<ol style="list-style-type: none"> 1. Some benefits of being active 2. The challenge of fitting in fitness 3. How to find time for fitness
ACTION PLAN	<ul style="list-style-type: none"> <input type="checkbox"/> Some benefits of being active – watch video by Lifestyle Coach Pa Dao on some of the benefits of being active. <input checked="" type="radio"/> Some Benefits of Being Active – video in Hmong with English subtitles. <input type="checkbox"/> The challenge of fitting in fitness – watch video by Lifestyle Coach Lindsey on the challenge of fitting in fitness and how to find time for fitness. <input checked="" type="radio"/> The Challenge of Fitting in Fitness & How to Find Time for Fitness – video in Hmong with English subtitles. <input type="checkbox"/> Tips for Fitting in Fitness - use the handout as a guide to help you fit in fitness anytime, while you get to places, while you watch TV, while you get things done, while you socialize, and at work (if you have a desk job). Click Here <input type="checkbox"/> Video – Mornings are the best time of day to take in the calmness before starting your day. Try this 10-minute morning stretch routine by Cassey Ho of Blogilates to increase your energy and conquer the day! <input checked="" type="radio"/> 10 Perfect Morning Stretches to Increase Energy – video in English

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.