



# DIABETES PREVENTION PROGRAM

## TIV THAIV MOB NTSHAV QAB ZIB



### Week 20, Session 16: Monday, April 19, 2021 to Sunday, April 25, 2021

<b>SESSION FOCUS</b>	Staying Motivated
<b>KEY POINTS</b>	<ol style="list-style-type: none"> <li>1. Reflect on how far you have come</li> <li>2. Identify next steps</li> <li>3. Plan for warmer weather months/Your goals for the next six months</li> </ol>
<b>ACTION PLAN</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Celebrate Your Success</b> – reflect on how far you have come by celebrating your success to help you stay motivated. This handout provides some healthy ways to celebrate. Write your own ideas in the “Other Ways to Celebrate” column. Then put those ideas to action and check off each idea you try. <a href="#">Celebrate Your Success</a> – handout in English</li> <li><input type="checkbox"/> <b>How to Cope with Challenges</b> – identify your next steps by learning how to cope with challenges of staying motivated. This handout provides you with common challenges and ways to cope with them. Write your own ideas in the “Other Ways to Cope” column. Then put those ideas to action and check off each idea you try. <a href="#">How to Cope with Challenges</a> – handout in English</li> <li><input type="checkbox"/> <b>Your Goals for the Next 6 Months</b> – set your activity and weight goals for the next six months. Plan to get at least 150 minutes of activity each week at a moderate pace or more. Record your current weight and how much weight you aim to lose in six months. If your goal is to maintain your weight, think of how you can stay motivated and consistent in your eating and workout habits. <a href="#">Your Goals for the Next 6 Months</a> – handout in English</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.