



DIABETES PREVENTION PROGRAM

TIV THAIV MOB NTSHAV QAB ZIB



Week 23, Session 17: Monday, April 26, 2021 to Sunday, May 2, 2021

SESSION FOCUS	When Weight Loss Stalls
KEY POINTS	<p>This module teaches you how to start losing weight again when your weight loss slows down or stops.</p> <ul style="list-style-type: none"> • Why weight loss can stall • How to start losing weight again
ACTION PLAN	<ul style="list-style-type: none"> <input type="checkbox"/> When Weight Loss Stalls PowerPoint – Learn the reasons why your weight loss can stall and how to start losing weight again. ▶ When Weight Loss Stalls – PowerPoint video in English <input type="checkbox"/> Ways to Take in Fewer Calories – Here are some ways to take in fewer calories by using less fat, replacing sweet drinks with low or no calorie drinks, and controlling your portion sizes. Check off each idea you try. Ways to Take in Fewer Calories – handout in English <input type="checkbox"/> Ways to Burn 100 Calories – Each of these activities (household chores and sports) burns at least 100 calories. Check off each idea you try. Ways to Burn 100 Calories – handout 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 linds eyl@h mong.org or by phone (612) 244-5721.