



Workshop: Preventing Type 2 Diabetes

Losing Weight

In many cases, the risk for developing Type 2 Diabetes can be dramatically reduced by losing weight. Exercising regularly and making healthy choices with food can not only help you reduce your risk for Type 2 Diabetes, but also help you lose weight.

Why Lose Weight?

If you are overweight, losing weight can help lower your diabetes risk by reducing insulin resistance. This means your body can more effectively use insulin to process glucose and keep your blood sugar levels stable.

Losing weight isn't easy, but with the right approach, you can achieve long-term success. The most effective approach is to reduce the calories you take in (through food and drinks) and increase the calories you burn (through exercise and everyday activity).

Reducing Calorie Intake

How can I reduce calories?

- **Choose and commit to maintaining a daily calorie goal.** Please review the chart in Lesson 2 that lists suggested calories based on current weight.
- **Make a food plan** to ensure that you are eating nutritious meals that are in line with your calorie goals. See Lesson 3 this week for additional information on managing your calories.
- **Find sources of hidden calories in your current diet and cut your consumption.** Some of the most common sources of empty calories are soda, alcohol, high-fat foods and foods with added sugars.
- **Eat foods that are highly nutritious and naturally lower in calories.** Lean proteins and foods high in fiber like fruits, vegetables, and whole grains are especially important.

Increasing Your Calories Burned

As you learned earlier in this workshop, a primary goal for exercise is to be consistent. Try to perform a combination of aerobic and strength training activities. Aim to perform 150 minutes of moderate-intensity aerobic exercise and two days of muscle-strengthening activities each week.

If you have already reached this goal but are not losing weight, it's time to increase your activity! This week, aim to maximize your exercise routine in one of the following ways:

Frequency

For controlling blood sugar, in particular, it is important that you move your body every day. The positive impact your workout has on your blood sugar lasts about 24 hours, so making a daily commitment to exercise can really help.

Identify one day this week when you don't have an activity planned and create a workout plan for that day.

Time

To achieve long-term weight loss, most people need to be physically active for 60 minutes each day. If you are currently exercising less than that, consider adding 5 minutes to each workout session this week.

Gradually, increase the time of your workout session until you reach the 60-minute target. If 60 minutes is not realistic given other obligations, do the most you can fit into your day. Another option is to do 10 minute chunks of activity several times a day (for example, take a 10-minute walk before work, a 10-minute walk at lunchtime, and a 20-minute walk after dinner).

Keep reading! ➡



Workshop: Preventing Type 2 Diabetes

Losing Weight

Stay safe by making gradual changes. Increase how often you exercise, then add more time to your workouts. The most important thing to do right now is get moving!

Most importantly, increase your overall level of activity throughout the day by decreasing your time spent sitting. Stand or walk around while talking on the phone and get up from your desk every hour to move for a minute or two. These movements can help you burn more calories and improve your body's use of glucose. Use a pedometer or activity tracker to help you keep track of steps and exercise.

Now that you have completed Lesson 1, please proceed to the next lesson.