

## Make Physical Activity Part Of The Daily Routine

- ▶ Be active yourself, and encourage everyone in your family to be active.
- ▶ Make a weekly schedule for physical activity, and post it where it can be seen.
- ▶ Try to schedule an activity at the same time each day so it becomes a habit.

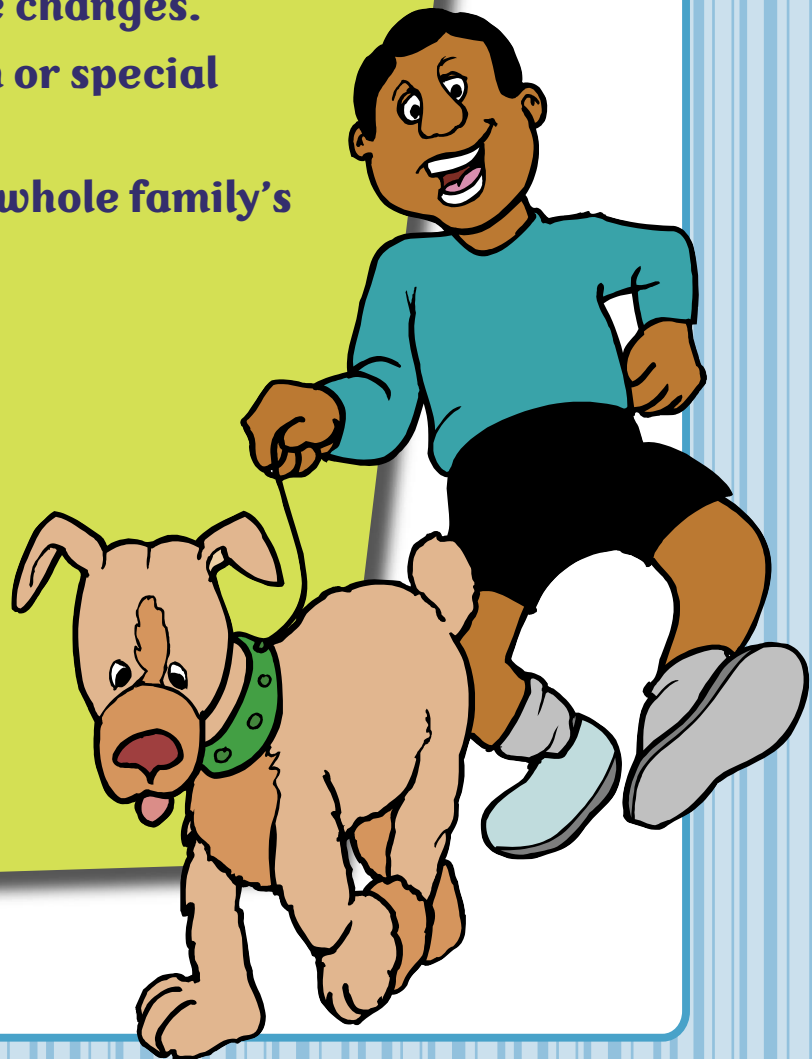
For example:

- ▶ Shooting baskets after school
- ▶ Walking and talking during lunch break
- ▶ Taking a walk every night after dinner
- ▶ Keep track of your child's routine after school.
- ▶ Spend time being active with your child every day.
- ▶ Tell your child about the lifestyle behaviors you changed today.
- ▶ Keep running shoes and sporting equipment visible and handy.
- ▶ Put the TV and the computer in a room that is not comfortable.
- ▶ Limit the amount of time the computer and TV can be used.



## Lifestyle Activities

- ▶ Can be fun.
- ▶ Burn calories.
- ▶ Help manage diabetes.
- ▶ Improve health and fitness.
- ▶ Lead to healthy lifestyle changes.
- ▶ Require no preparation or special equipment.
- ▶ Should be a part of the whole family's routine.
- ▶ Are as easy to do as:
  - ▶ walking the dog
  - ▶ cutting the grass
  - ▶ biking to school or work
  - ▶ parking away from your destination
  - ▶ taking the stairs



# TODAY

Treatment options for  
type 2 Diabetes in Adolescents & Youth

## Have Fun With Pedometers—Add More Steps Every Day

### At Home

- ▶ Walk your dog--or your neighbor's dog.
- ▶ Turn off the TV and be active with your family.
- ▶ Carry in the groceries one bag at a time.
- ▶ Walk while you talk on the phone.
- ▶ Walk around your house during the TV commercials (17 minutes of every TV hour).
- ▶ Get up and move around every 30 minutes.
- ▶ Challenge the family to a pedometer race. Who can add the most steps in a week?
- ▶ Plan walks into your day:
  - ▶ at the beginning of the day by yourself
  - ▶ at lunch with a friend
  - ▶ after dinner with your family

### Out and About

- ▶ Walk to stores or friends' homes.
- ▶ Ride only part of the way, and walk the rest.
- ▶ Use the stairs, not elevators or escalators.
- ▶ Help your family plan active vacations.
- ▶ Walk when you take a break at work or school.
- ▶ Start a walking club with your friends or neighbors.
- ▶ Take a walk and pick up litter in your neighborhood or in a park.
- ▶ Challenge yourself to take half of your goal steps by lunchtime.
- ▶ Plan active weekends with longer walks, hikes, sports, or playing in the park.



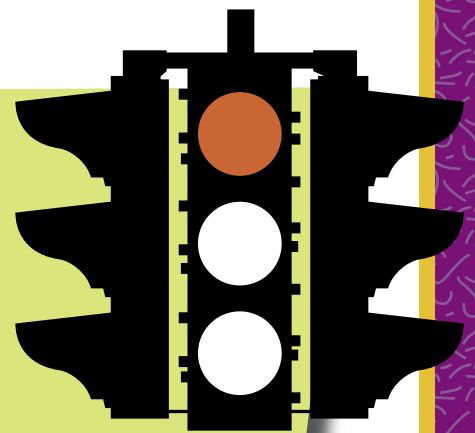
# Why Are Sedentary Behaviors Called “RED Activities”?

To warn us to **STOP AND THINK** before doing **RED** activities!

**RED** activities can be harmful to our health.

## Why Should I Reduce **RED** Activities?

- ▶ To improve my health
- ▶ To help manage diabetes
- ▶ To have time to do things I like
- ▶ To have more energy and lose weight
- ▶ To keep from eating while watching TV
- ▶ To have more time to be physically active
- ▶ To have time to take care of responsibilities
- ▶ To show my family how serious I am about making healthy lifestyle changes



## Steps For Making A Rule

Select a behavior that is  
**IMPORTANT** to change.

Make the rule **FAIR**.

State the rule **POSITIVELY**.

Make the rule **SPECIFIC**—  
list the behavior and  
consequences.

**ENFORCE** the rule.

Be **CONSISTENT**.

## How To Encourage Your Child's Behavior Changes

- ▶ Attend all meetings with your PAL.
- ▶ Be realistic about your expectations for your child.
- ▶ Take an active interest in your child's changes.
- ▶ Show your enthusiasm when you review your child's Lifestyle Log.
- ▶ Praise and encourage the effort your child is making, not just the results.
- ▶ Set up a rewards program for doing the small steps necessary to learn something new.
- ▶ Focus on your child's strengths, not on weaknesses.
- ▶ Share something that was hard for you to change.
- ▶ Have a positive attitude that your child will be able to make these changes!



## Problem Solving— 6 Key Steps

1

**IDENTIFY** the problem.

2

**BRAINSTORM** solutions.

3

**COMPARE** the solutions.

4

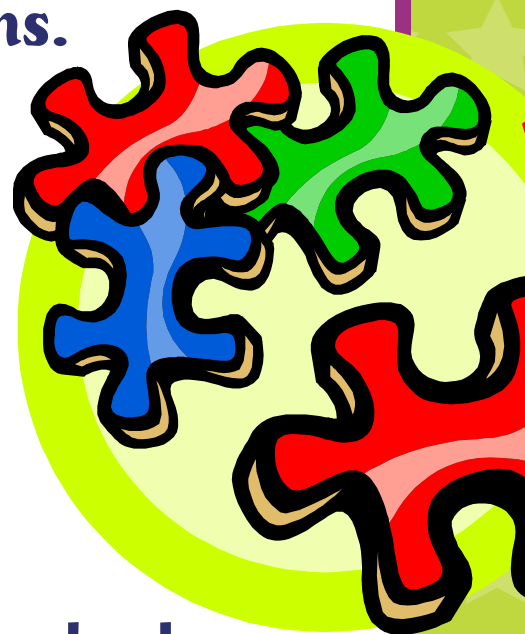
**DEVELOP** a plan.

5

**TRY** the plan.

6

**EVALUATE** how the plan worked.



## Healthy Tips For Dealing With Parties and Holidays

- ▶ Focus on socializing rather than eating.
- ▶ Get support in advance to keep from over-eating.
- ▶ Talk with friends while standing away from the food.
- ▶ Eat off small plates.
- ▶ Offer to decorate or plan a party rather than bake.
- ▶ Offer to bring healthy foods like fruits or vegetables.
- ▶ Stay physically active - even during vacations or holidays.
- ▶ Allow yourself to enjoy a small portion of a favorite RED food.
- ▶ Park a few blocks away so that you get to take a walk before and after the party.





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## Dining Out— The Big Picture

- ▶ Eating at home gives you the most control over food choices.
- ▶ Dining out in a healthy way takes effort and may be a choice you want to limit right now.



### Tips For Choosing A Restaurant:

- ▶ Get the menu ahead of time.
- ▶ Select healthy foods you like from the menu.
- ▶ Call the restaurant to ask about baking, broiling, or grilling foods. Ask if they have low-fat choices and side dishes like salad or fruit instead of fries.
- ▶ Decide whether or not this restaurant is a good choice for you.

### Tips For Healthy Dining Out:

- ▶ Eat a piece of fruit before you go out.
- ▶ Turn down the chips and bread.
- ▶ Sit far away from the chips and bread.
- ▶ Order a half-portion.
- ▶ Order a salad and share a dinner with someone else.
- ▶ Put half of the meal in a “to-go” box at the beginning of your meal.
- ▶ Request sauces and dressings served “on the side.”
- ▶ Have fruit for dessert.
- ▶ Have tea and coffee instead of dessert.

## Encourage Your Child's Healthy Lifestyle

- ▶ Work with your child to set up a schedule after school for homework, family meetings, and GREEN physical activities. The more routine, the better.
- ▶ Limit TV watching and encourage physical activity.
- ▶ Praise your child for keeping track of GREEN activities.
- ▶ Praise your child for turning off the TV and doing physical activity.



## Physical Activity Improves Your Health

- ▶ **Keep the key question in mind: Now that I've gotten started, how can I maintain and increase my physical activity?**
- ▶ **Spend more time doing activities you enjoy.**
- ▶ **Schedule physical activity throughout the week.**
- ▶ **Make physical activities into a social event by scheduling them with a friend.**
- ▶ **Try adding some different kinds of activities to your routine if you're getting bored.**
- ▶ **Keep in mind that you can alternate activities. Do some on weekdays, others on weekends.**
- ▶ **Do activities with family members.**

