

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

Maintenance Materials

Youth Manual



Introduction

During this phase you will be making some choices about what you want to learn and when you want to learn it. You will complete 12 of the 20 modules in this phase. Some modules are required. These are the ones the experts say you need to learn about. Other modules are choices. Start to think about what interests you from the list of choices. You don't need to decide now. Later you will talk to your PAL about what's best for you to do.

Preview of the Road Ahead



Required

You and your PAL will complete all 8 of these modules:

Lifestyle Maintenance Tips (1)

- ▶ Changes in the TLP program
- ▶ Why weighing is important
- ▶ What to do if you gain weight
- ▶ 4 key goals of the Maintenance Phase

Overcoming Barriers (2)

- ▶ Overcoming barriers to success
- ▶ Keeping all of your resources in mind when making plans
- ▶ What to do when a plan doesn't seem to work

Setting Goals and Staying Motivated (3)

- ▶ Breaking big goals into smaller goals
- ▶ Scheduling your small steps to meet these goals
- ▶ Making a realistic plan to meet these goals

Overcoming Negative Thoughts (4)

- ▶ Identifying your negative thoughts
- ▶ Challenging your negative thoughts
- ▶ Turning negative thoughts into positive thoughts

Support for Physical Activity (7)

- ▶ Identifying friends who can support your healthy lifestyle changes
- ▶ Asking for support
- ▶ What to do if a friend doesn't come through

Support for Healthy Eating (8)

- ▶ Identifying friends who can support your healthy lifestyle changes
- ▶ Asking for support
- ▶ What to do when a friend says, "No."

Overcoming Healthy Lifestyle Burnout (19)

- ▶ Causes of healthy lifestyle burnout
- ▶ Recognizing burnout
- ▶ Defeating burnout

Move On With Confidence (20)

- ▶ How to prepare for the next phase
- ▶ Identifying your biggest challenges right now
- ▶ Making sure your weight goal and your plans are up to date

Choice

You and your PAL will complete 1 of these modules:

Learning to Accept Your Body (5)

- ▶ How the media may shape your feelings about your body
- ▶ How to tell if your feelings about your body limit what you do
- ▶ Finding qualities to like about your body and yourself

-OR-

Go Beyond Your Comfort Zone (6)

- ▶ How to tell if your feelings about your body limit what you do
- ▶ How to expand your comfort zone so you can do more things

Then you will decide together on 3 more from the list below:

Emotional Eating (9)

- ▶ Recognizing emotional or stress eating habits
- ▶ Protecting yourself from stress eating
- ▶ What to do if you are stress eating

All You Need to Know About Fad Diets (10)

- ▶ Why fad diets won't help you
- ▶ How fad diets can be dangerous
- ▶ How to lose weight and keep it off

Healthy Cooking (11)

- ▶ Planning healthy meals
- ▶ Healthy ways to flavor and prepare your food
- ▶ How to get started cooking your personal favorites

Enjoying More Physical Activity (12)

- ▶ Figuring out how good your physical activity habits are
- ▶ Setting new physical activity goals
- ▶ Using community events and resources for physical activity

Get Healthier With Resistance Training (13)

- ▶ How resistance training can help you
- ▶ Safety Tips
- ▶ Workout Tips
- ▶ Tubing Tips

Lower the Cost of Healthy Eating (14)

- ▶ Planning ahead for healthy eating
- ▶ How you can afford to eat healthy
- ▶ How to make shopping easier and cost less
- ▶ How getting involved with shopping and cooking will help you

Turn High-Risk Situations Into Personal Wins (15)

- ▶ Identifying your high-risk situations
- ▶ Planning in advance and in detail for them
- ▶ Using mistakes to improve your next plan

Planning for Schedule Changes (16)

- ▶ Planning in advance for schedule changes
- ▶ Staying focused on your goals
- ▶ Getting the most out of your weekends and summer

Losing Weight: Back to Basics (17)

- ▶ Tips for getting back on track
- ▶ Why losing weight is so important
- ▶ Quick Cuts: RED foods to avoid
- ▶ Healthy Choices: foods with 100 or less calories

Maintaining Your Same Weight (18)

- ▶ Reasons to keep weight off
- ▶ How to maintain your present weight
- ▶ How to add calories in a healthy way
- ▶ Foods with 100 calories or less