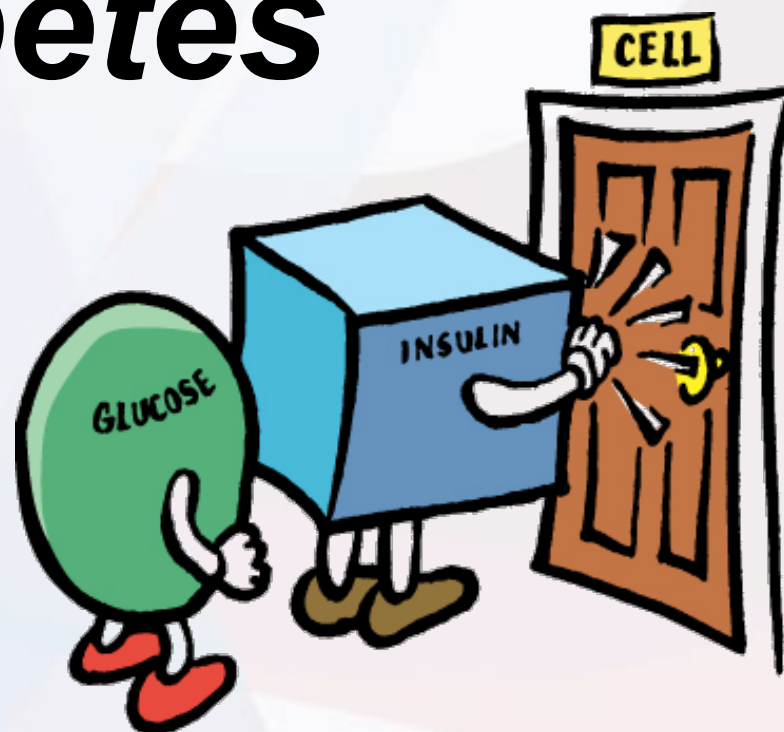


What this program is about ...

Preventing or delaying diabetes

Prediabetes





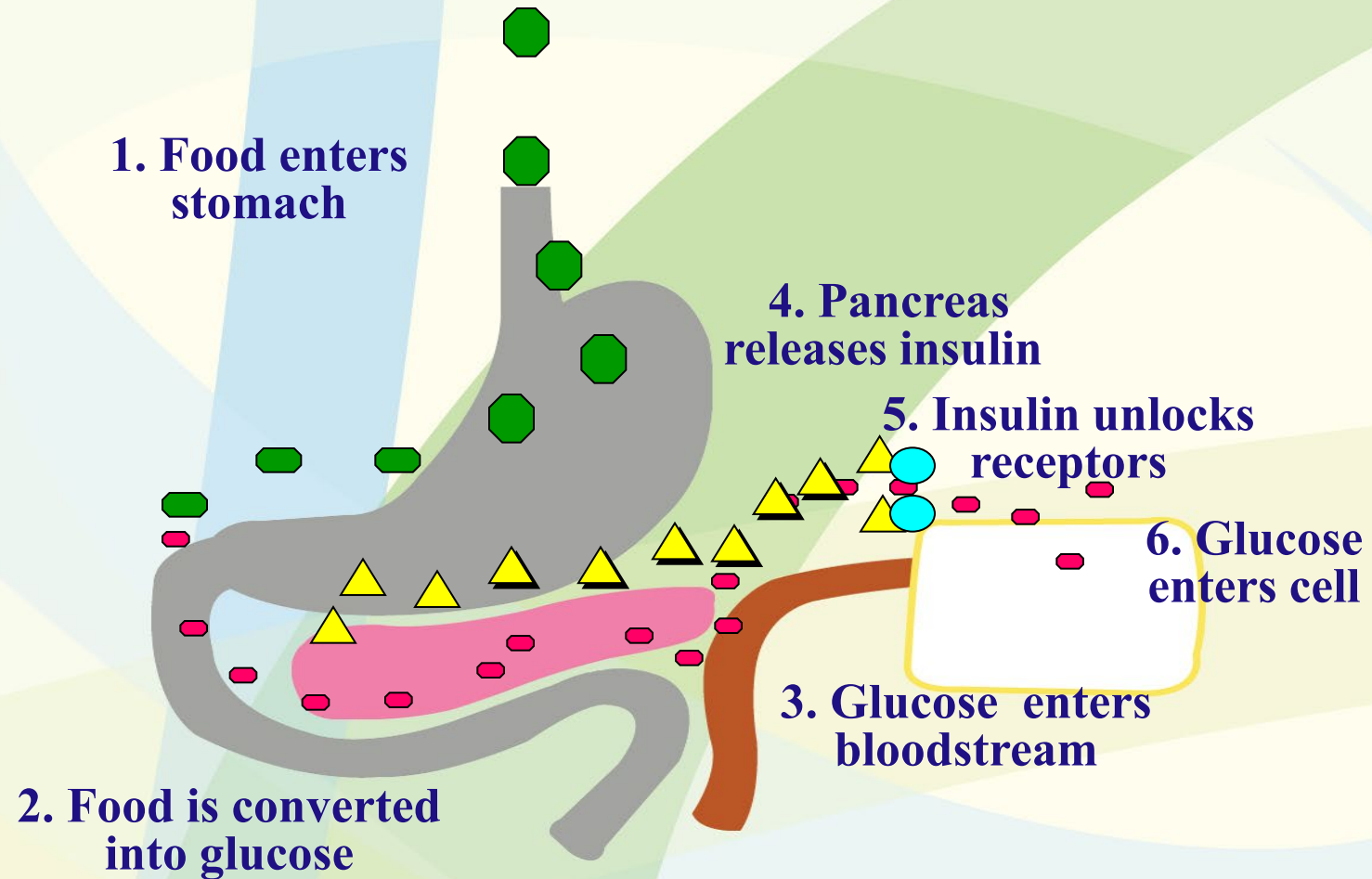
What are the numbers? ...

Normal: fasting blood glucose
below 100

Prediabetes: fasting blood
glucose between
100 and 125

Diabetes: fasting blood glucose
126 or above

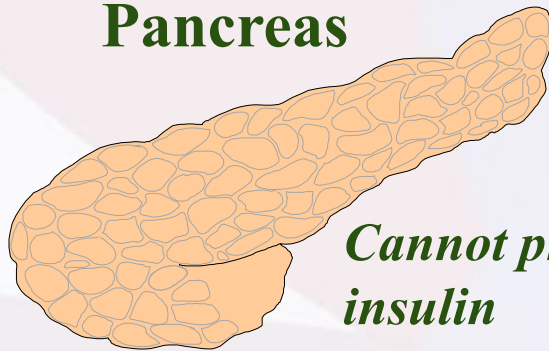
How food is digested ...



Diabetes ...

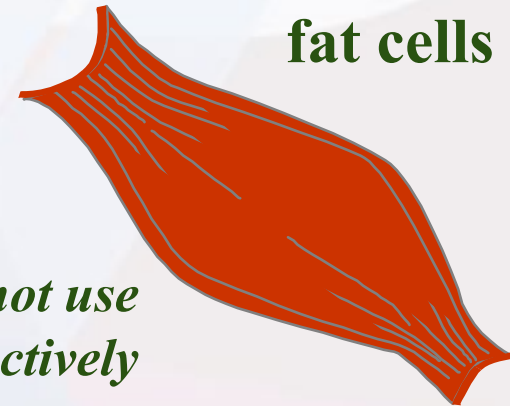
Body lacks insulin or is unable to use insulin effectively

Pancreas



*Cannot produce enough
insulin*

**Muscle and
fat cells**



*Cannot use
insulin effectively*



The bad news ...

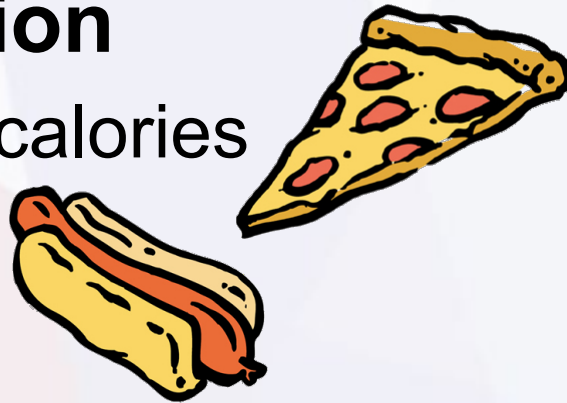
- A lot of people have Prediabetes
- The symptoms are not obvious – you may not know that you have them
- It often goes untreated

Are you at risk?

- **Lack of physical activity**

- **Poor nutrition**

- Too many calories
- High-fat
- Low-fiber
- Not enough fruits, vegetables or whole grains



- **Being overweight/obese**

- Body Mass Index (BMI) >25
Waist circumference >40 inches





Other risk factors ...

- Family history of Type 2 diabetes
- History of diabetes during pregnancy
- Non-Caucasian background
- Over age 40



Complications of uncontrolled diabetes ...

- Cardiovascular disease

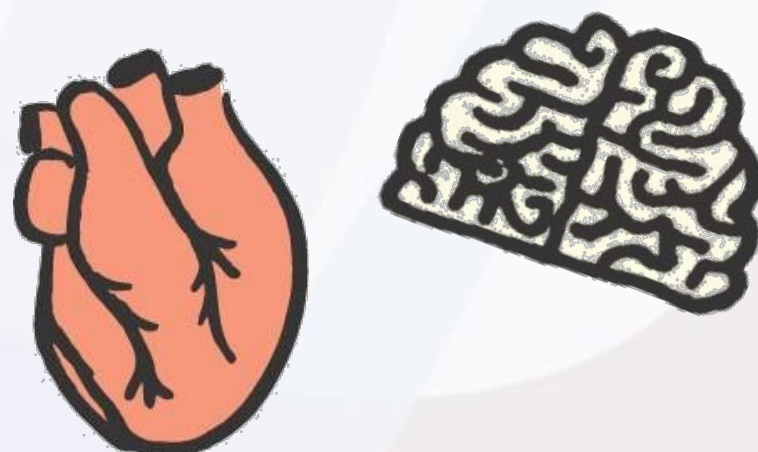
- heart attack
- stroke

- Blindness

- Kidney disease

- Amputation

- Erectile dysfunction





The good news...

- Diabetes can be prevented in many people.
- Changes in lifestyle can prevent or delay the development of type 2 diabetes in 58% of those with prediabetes

The good news ...

You can prevent or delay type 2 diabetes through:

More nutritious eating



Regular physical activity

(150 minutes a week)

Moderate weight loss

(7% of body weight)

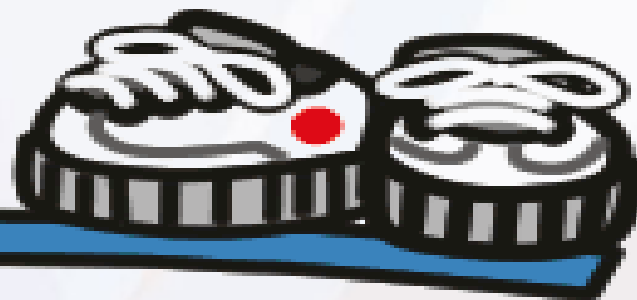


Balance is the cornerstone of prevention

**More Nutritious
Eating**



**Regular Physical
Activity**



**Moderate Weight
Loss**



What is *nutritious eating*?

- Limit saturated fats (butter, cheese, fatty meats)
- Cut back on total amount of fat you eat (less oils, salad dressing, fried foods)
- Try to eat more fiber each day
- Eat fruits and/or vegetables at each meal
- Try to eat smaller meals at regular times
- Balance your total calories with your energy needs

Smaller portions ...



... Make a BIG difference



What is *regular physical activity*?

- Brisk walking, bicycling, swimming or jogging
- Start with 5-10 minutes a day, 3-5 days a week
- Shoot for a total of 150 minutes a week





What is *regular physical activity*?

- Purchase a pedometer to record steps
- Aim for 10,000 steps a day





What are the benefits of exercise?

- Lowers blood glucose and blood pressure and controls cholesterol
- Strengthens heart, lung and circulatory systems
- Promotes weight loss
- Strengthens bones, increases muscle tone and stamina
- Improves quality of sleep





More benefits of exercise...

- Decreases stress, increases enthusiasm and optimism
- Improves blood flow to the brain
- **Improves the way you feel about yourself!**





81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113

Key concepts of successful weight loss

- Weight loss happens when energy output (*activity*) is greater than energy input (*calories*)
- You have to burn 3,500 calories to lose 1 pound of fat
- Reducing calories and increasing physical activity must go hand-in-hand

Here's your Game Plan ...



1. Set your weight loss goal

- Go slowly ... set realistic goals
 - Lose 1-2 pounds a week
 - Lose 7% of total body weight in 6 months
- Use waist measurements to track abdominal fat loss
- Use total body weight to track overall weight loss

Determine your daily calories...

$$\frac{165}{\text{Current/Desired Weight}} \times \frac{12}{\text{Activity Factor}} = \frac{1,980}{\text{Calories Per Day}}$$

Activity Factor	Female	Male
Sedentary	12	13
Light Active	14	15
Active	16	17
Very Active	18	20





Daily calories needed to lose weight ...

1,980

Current Daily
Calories – 500 =

1,480

Target
Daily Calories

<u>Food</u>	<u>Calories</u>
1 glazed donut	= 210
1 12 oz. reg. soda	= 140
1 slice cheese pizza	= 200
1 cheeseburger	= 350
1 med. fries	= 400

And the results ...

- Calories reduced
– **500 calories X 7 days = 3,500**
- Calories burned
– **200 calories burned x 5 days = 1,000**
4,500 calories

4,500 calories = 1.3 lbs/week
1.3 lbs x 4 weeks = 5.2 lbs/month

3. Work your *GAME PLAN* ...

Keep a diary ...

- Eating
 - Write down what, when and how much you eat
 - 500 calories less a day?
 - More fiber and less fat?
- Activity
 - Write down what you did and for how long
 - 150 minutes a week?
 - 10,000 steps a day?





4. Monitor your success ...

Even if you haven't lost all the weight you want, monitor your other successes ...

- Are you exercising according to your plan?
- Have you improved your nutrition?
- Do you feel better about yourself?





Pulling it all together ...

- **Set reasonable goals**
- **Start eating more nutritious meals**
 - Reduce fat
 - Increase fruits, vegetables and whole grains
 - Reduce calories for weight reduction
- **Start exercising**
 - Work up to 150 minutes per week of brisk walking
- **Monitor your success!**
 - Keep a diary of your eating and exercise
 - Track your weight loss, fat loss and other factors
- **Be patient and don't give up**