
YMCA's Diabetes Prevention Program

COURSE DESCRIPTION

The program is led by a trained facilitator, who leads participants in group discussions, problem solving, and making action plans. You'll learn the easy steps to eat better, and find the physical activity that works for you. And, with the amazing support of your peers, you're likely stick with these changes to lose some weight and improve your health. Here is an outline of all the things you'll learn in the program.

- Session 1: Starting the YMCA's Diabetes Prevention Program
- Session 2: Be a Fat Detective
- Session 3: Ways to Eat Less Fat
- Session 4: Healthy Eating
- Session 5: Move Those Muscles
- Session 6: Being Active – A Way of Life
- Session 7: Tip the Calorie Balance
- Session 8: Take Charge of What's Around You
- Session 9: Problem Solving
- Session 10: Four Keys to Healthy Eating Out
- Session 11: Talk Back to Negative Thoughts
- Session 12: The Slippery Slope of Lifestyle Change
- Session 13: Jump Start Your Activity Plan
- Session 14: Make Social Cues Work for You
- Session 15: You Can Manage Stress
- Session 16: Ways to Stay Motivated
- Session 17: Eating to Prevent Diabetes
- Session 18: Staying Motivated to Keep Being Physically Active
- Session 19: Maintaining Your Healthy Lifestyle
- Session 20: Preventing Relapse
- Session 21: Handling Holidays, Vacations and Special Events
- Session 22: Lifestyle Physical Activity
- Session 23: Healthy Cooking
- Session 24: Variety and Balance in Your Dietary Intake
- Session 25: Maintaining Behavior Change for Diabetes Prevention