

LOSE TO WIN

Fall 2021 Schedule

Tuesdays | 11:30 a.m. - 1 p.m. | via Zoom



Class 1: July 13

Welcome | Introduction; Get Support:

- Overview of the PreventT2 Lifestyle program, background, explanation of the course structure, and your role as a coach.

Class 2: July 20

Get Active to Prevent Type 2 Diabetes:

- Identifying benefits of being active.

Class 3: July 27

Take Charge of Your Thoughts:

- Recognize the difference between harmful and helpful thoughts.

Class 4: Aug. 3

Track Your Food:

- Learn how to record the foods you eat and the importance of how you feel when you eat.

Class 5: Aug. 10

Track Your Activity:

- Learn how to record your activities in your fitness log.

Class 6: Aug. 17

Eat Well to Prevent Type 2 Diabetes:

- Learn the core principles of healthy eating.

Class 7: Aug. 24

Manage Stress:

- Learn how to manage and reduce stress for a healthier lifestyle.

Class 8: Aug. 31

Burn More Calories Than You Take In:

- Learn the core principles of caloric intake.

Class 9: Sept. 7

Shop and Cook to Prevent Type 2 Diabetes (Cooking Demo)

- Learn how to read food labels and recognize marketing deception in the grocery store.

Class 10: Sept. 14

Get More Active:

- Identify core principles of increasing activity level.

Class 11: Sept. 21

Cope with Triggers:

- Learn how to cope with triggers of unhealthy behaviors.

Class 12: Sept. 28

Get Support:

- Recognize ways to cope with triggers of unhealthy behaviors.

Class 13: Oct. 5

Keep Your Heart Healthy (Cooking Demo):

- Learn how to be heart smart about fats.

Class 14: Oct. 12

Find Time For Fitness:

- Are you eating the right power foods to fuel your workout?

Class 15: Oct. 19

Eat Well Away From Home:

- Identify foods in the grocery store and shop for local foods.

Class 16: Oct. 26

Stay Motivated to Prevent Type 2 Diabetes:

- Discuss ways to realign yourself with your goals after going off course.
- Set goals for the next six months.

Class 17: Nov. 2

Lose to Win Celebration and Sharing Stories:

- Help support participants by sharing your stories and learn from each other's experiences.