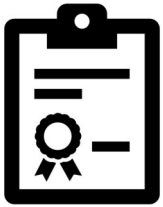


Encouraging Activity: A Fresh Person-Centered Approach

Prepare and PLAN for Setbacks

Even the best-made plans to increase activity may go differently than envisioned. **A person-centered collaborative approach can help people get moving, one step at a time.** Anticipating setbacks helps create realistic expectations and PLAN strategies to get restarted. As diabetes specialists, we can prepare people for obstacles and remind them that a **falter does not equal failure.** According to Sylvia Gonsahn Bollie, MD, assisting individuals in preparing for barriers with a PLAN helps toward a quicker recovery.



PLAN stands for:

Ponder what happened.

Learn from it.

Aadjust the original goal.

Now get back on track.

In addition to having a PLAN, encourage people to avoid black-and-white thinking, like, "Well, I missed my planned workout, so I might as well just give up."

Suggest a reframe of the internal messaging and instead say, "I missed my planned workout today, and that is okay. I will get back on track starting tomorrow."

Supporting gentle, nonjudgmental, self-compassionate coaching can help people feel better about their efforts and increase their success with behavior change goals.

Activity Quips that Help Reignite the Passion

These simple sentences capture people's attention and help them take that first step toward more movement. Please feel free to borrow and use these sayings in your practice!

- Even a ten-minute bout of activity can lower blood sugar for up to 24 hours.
- Each minute of activity lowers blood sugar by about one point.
- Walking for 10 minutes after meals can help lower post-meal blood sugar levels.
- Even without weight loss, getting active can reduce A1C levels by 0.6%.
- Regular activity improves people's mood, sex life, and balance.
- Keeping active helps people maintain their independence.



Exercise is medicine.

Regular physical activity can help prevent disease and improve well-being. Although less than 50% of people are reaching the activity goals, improvement is possible. As health advocates, we can encourage systemic changes in health care and environmental changes in our neighborhoods to increase population activity. While waiting for more extensive changes, we have the power to equip individuals with personalized, actionable tools for improving and maintaining physical activity. Our belief in people's ability to get active is contagious.