



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DIABETES PREVENTION PROGRAM

PROGRAM SCHEDULE | YMCA OF FLORIDA'S FIRST COAST

The YMCA's Diabetes Prevention Program is designed to help you adopt and maintain healthy lifestyle changes over the course of one year. This is not an exercise or nutrition lecture series. Each session is in a classroom setting where a trained lifestyle coach facilitates a small group of participants in learning about healthier eating, physical activity, how to stay motivated and other behavior changes. Please visit us online at

<http://firstcoastymca.org/programs/health-wellness-2/diabetes-prevention> for dates and locations.

FIRST 16 SESSIONS (1 Hour/Week)

- Delivered weekly over 20 weeks
- Weekly weigh-ins
- Track eating and activities daily

WEEK	TOPIC
1	Welcome to the Lifestyle Balance Program
2	Be a Fat Detective
3	Three Ways to Eat Less Fat
4	Healthy Eating
5	Move Those Muscles
6	Being Active: A Way of Life
7	Tip the Calorie Balance
8	Take Charge of What's Around You
9	Problem Solving
10	Four Keys to Healthy Eating Out
11	Talk Back to Negative Thoughts
12	The Slippery Slope of Lifestyle Change
13	Jump Start Your Activity Plan
14	Make Social Cues Work for You
15	You can Manage Stress
16	Ways to Stay Motivated

Requirement - 5%-7% Weight loss

SESSIONS 17-19 (1 Hour)

- Delivered every other week
- Biweekly weigh-ins
- Track eating and activities daily

WEEK	TOPIC
17	Eating to Prevent Diabetes: Planning Ahead
18	Staying Motivated to Keep Being Physically Active
19	Maintaining Your Healthy Lifestyle

SESSIONS 20-25 (1 Hour/Month)

- Delivered monthly
- Monthly weigh-ins
- Track eating and activities daily

WEEK	TOPIC
20	Preventing Relapse
21	Handling Holidays, Vacations, and Events
22	Lifestyle Physically Activity
23	Healthy Cooking: Tips on Food Modification
24	Variety and Balance in Your Dietary Intake
25	Maintaining Behavior Change for Diabetes Prevention

Requirement – Maintain Healthy Lifestyle