



Welcome to WW Health

Diabetes Prevention Programme Workbook

Welcome to your local Healthier You service powered by WW Health.

You've taken a huge first step to reduce your risk of developing Type 2 diabetes, by participating in a programme that will help you make positive changes to your lifestyle.

Research¹ shows that having a healthier diet, becoming more active and losing and maintaining a relatively modest amount of weight (if you need to), significantly reduces the risk of developing Type 2 diabetes by 58% for people at high risk, like you.

We're here to empower you to make positive and lasting changes to your lifestyle with a scientifically proven programme that targets your unique needs. Whatever your background, and whether you have weight to lose or not, using this workbook, your WW Online Coach, and all the resources on offer at ww.com/uk/NHSDPP, you can take control of your health and significantly reduce your risk.

Name _____

Start date _____

¹DPP Research Group. NEJM, 2002, 346:393

What is Type 2 diabetes?

Type 2 diabetes is a condition which can damage your body if left untreated. It causes a person's blood sugar levels to become too high, which can then make the person:

- feel thirsty
- go to the toilet more than usual, particularly at night
- feel tired all the time

Type 2 diabetes can cause serious long-term health problems. It's the most common cause of vision loss and blindness in people of working age. Diabetes is also responsible for most cases of kidney failure and lower limb amputation (other than accidents). People with Type 2 diabetes are up to five times more likely to have cardiovascular disease (such as a stroke) than those without it.

The good news is that you can significantly reduce your risk by making simple changes to your lifestyle:

- Losing 5-10% of your starting weight (if you are overweight)
- Reducing the proportion of fat in your diet, particularly saturated fat
- Increasing the proportion of fibre in your diet
- Increasing the amount of physical activity you do to at least 30 minutes a day, 5 times a week

And you can do all of this by following the WW programme.

Weight loss is a significant driver to reducing the risk. In fact, risk reduction is directly linked to weight loss – the more you lose (and maintain that loss), the greater the risk reduction².

If you focus on losing weight by adopting a healthier diet and increasing physical activity, you'll be well on your way to preventing Type 2 diabetes. If you're already at a healthy weight, focussing on making your diet as healthy as possible, increasing your physical activity and maintaining a healthy weight, will work for you.

For more information, visit the Diabetes UK website.

²Hamman et al (2006) Effect of weight loss with lifestyle intervention on risk of diabetes. *Diabetes Care*;29(9):2102-7.

To reduce your risk of having Type 2 diabetes, you have three main goals:

- 1. Have a healthier diet** through following the WW programme.
- 2. Lose 5-10% of your starting body weight** if you need to, and maintain this weight for the long term. If you're already at a healthy weight, aim to maintain this. Not sure if you're already at a healthy weight? Find out [here](https://www.ww.com/uk/NHSDPP): [ww.com/uk/NHSDPP](https://www.ww.com/uk/NHSDPP)
- 3. Be more active**, aiming for at least 150 minutes a week (that's 30 minutes, five times a week, or 10 x 15-minute fitness chunks).



We're here to help you achieve your goals

Your local Healthier You service, powered by WW Health, gives you access to:

A tailored curriculum.

This workbook contains a series of tailored topics that we know are helpful in supporting the lifestyle changes required for reducing your risk of Type 2 diabetes. These are listed on the next page, so tick them off as you complete them. You'll find a wealth of articles supporting these topics on the dedicated hub on our website at ww.com/uk/NHSDPP. We'll also send you regular emails covering all these topics in more detail.

A wealth of digital tools including our app.

The digital support includes a personalised assessment when you join, food and activity tracking, thousands of food ideas and recipes to inspire you, fun ways to get active, access to one of our amazing Wellness Coaches 24/7 and a members-only community forum dedicated to people like you who would like support with diabetes prevention.

Our programme nudges you towards a healthier pattern of eating. Our goal is to make healthy eating as simple as possible. And staying active will keep your body healthy, lower your Type 2 diabetes risk, and make you feel good.

The following topics will be covered on your local Healthier You service:

You'll receive emails from us and have access to articles online at [www.com/uk/NHSDPP](http://www.nhs.uk/NHSDPP)

Tick these topics off as you complete them:

- Setting goals and building your support network
- Eating well to prevent Type 2 diabetes
- Healthy nutrients
- Healthy eating balance
- Building healthy habits
- Eating out and about
- Getting active to prevent Type 2 diabetes
- Staying active – overcoming barriers to physical activity
- Getting more active
- Stress tamers – how to keep a positive mindset
- Using problem solving strategies to learn from slip-ups and stay on course
- Staying motivated

We also help you understand your condition as part of your welcome journey.

Setting goals to reduce your risk of Type 2 diabetes

When it comes to goal setting, size and scope really matters. Goals are more achievable when you focus on the specific behaviours you want to change or introduce, rather than the end result. Setting mini goals also gives you a way to measure your progress. Plus, having a specific goal has been shown to increase performance, compared to a general aim like “I’ll do my best.”³

Make your goals...

Specific: Instead of “I’ll do more exercise” try “I’ll join the Health Walk run by my local council at 10am on Friday.”

Reasonable: If you’re not a regular runner, don’t aim to run every day or sign

up for a 5K. Instead, schedule a run twice a week, and plan to build up from there.

Active: Rather than aiming to stop a certain behaviour, such as snacking before bed, aim to replace it with a new, healthier habit such as going to bed at 9.45 and reading for 15 minutes before lights out.

Short-term: Reviewing your progress each week gives you an opportunity to celebrate achievements or troubleshoot challenges you’ve faced along the way, which in turn can boost your confidence.

Choose a goal that is specific, reasonable and active, then put it into action.

My goal this week, as a step towards reducing my risk:

What I’ll do _____

When I’ll do it _____

Where I’ll be _____

Who (if anyone) I’ll be with _____

Eating well

Eating well can help you prevent – or at least delay – Type 2 diabetes. Having a healthy diet means building your meals and snacks on foods like lean proteins (chicken, fish), wholegrains (brown rice, wholewheat pasta), pulses (chickpeas, lentils), fruit and veg, low-fat dairy (skimmed milk, fat-free natural yogurt), and limit foods like biscuits, sweets, cakes and crisps.

Our programme makes healthy eating simple, and will guide you to a healthier pattern of eating. No foods are off limits.

Read about how our programme works in the [Your WW](#) hub on our website: ww.com/uk/m/cms/living/your-plan. Here you'll find all you need to know about your **PersonalPoints™** Budget. You'll also learn about making the most of your personalised ZeroPoint foods list that will help you make healthier choices, and rollovers (up to 4 unspent **PersonalPoints** each day get added to your weekly allowance, for extra flexibility). And on the WW app and at ww.com, you'll find hundreds of healthy recipes and meal ideas that the whole family can enjoy.



Here are some top tips to get you started with healthy eating:

- Stir fresh or frozen berries or banana slices into yogurt, cereal or porridge.
- Add peppers, tomatoes, mushrooms or onions to your eggs for a delicious omelette.
- No time for breakfast or need a mid-afternoon snack? A piece of fruit is the quick, prep-free, on-the-go solution.
- Cram veggies and pulses into casseroles and soups – add some extra peppers, kidney beans, mushrooms, lentils or courgettes.
- Choose low-fat versions of milk, cheese and yogurt – you’ll hardly notice the difference in taste.
- Try a different seasonal vegetable (or fruit) each week, and keep snack-sized bags of pre-sliced fruit and veggies at eye level in your fridge. When you feel like a snack, grab a bag.
- If you’re having pasta or rice, choose wholegrain (brown) varieties – they’re higher in fibre and can help you feel fuller for longer.
- Base your meals on skinless chicken, turkey breast, fish or pulses. They’re great sources of lean protein!
- Limit your intake of sugary snacks and drinks.

Choose one or two of the above tips to put into action this week, and explore more online at ww.com.

What will I try? _____

When will I try it? _____

What steps will I take to make it happen? _____

Healthy nutrients

Smarter than just counting calories, PersonalPoints guides you to a healthier pattern of eating by taking complex nutritional information and distilling it down to one simple to use number.

Using this book, the WW app and the ideas at ww.com, choose what to eat based on a food's **PersonalPoints** values, your **PersonalPoints** Budget (the amount of **Points** you have to spend), and what you're in the mood for.

Your PersonalPoints budget

When you joined the Healthier You programme, you were given a number of **Points** to “spend” on any food and drink that you want. This is your daily **PersonalPoints** allowance, and it's formulated to make sure that you get sufficient nutrition while still losing weight.

Your daily allowance is determined by your age, height, weight, and biological sex. It may change as you make progress.

- You don't need to track foods that are on your personalised ZeroPoint foods list.

- By mixing and matching foods that have **Points** with foods that are zero, you'll always have room in your budget for a tasty and satisfying meal.
- You can add to your budget by eating non-starchy vegetables, drinking water and being active. See the programme guide, the WW app and ww.com for more information.
- Your weekly **PersonalPoints** allowance is a bank of extra **Points** you can use as a cushion if you go over your daily allowance. They reset (you guessed it!) every week.

Sticking to your **PersonalPoints** Budget will not only help you lose weight (or maintain a healthy weight if that's your goal), it will help you ensure you have a healthy, balanced diet as you work towards reducing your risk of Type 2 diabetes.

Getting the balance right

If you often overdo it when it comes to a favourite food, you might think you should just cut it out of your diet altogether. But by doing that, you might end up craving that food even more. Also, without a plan to manage it when you do come across it, you might end up eating more of it than usual, and end up feeling frustrated or guilty.

Instead, plan mindfully for a food you love. That way you won't feel deprived, you'll have a balanced approach to the food, and you'll truly savour it. Each time you enjoy it without overdoing it, you'll boost your confidence.

Try these steps to fitting in the foods you love:

1. Choose a food you love but feel you should avoid.
2. Decide how much you want to eat and how to control that portion (single-serving packs could be helpful).
3. Calculate the food's **PersonalPoints** value using the WW app.
4. Choose when and where to eat it (one biscuit in a café could be a better choice than buying a whole pack and trying portion control at home).
5. Enjoy it with others to help quieten the self-criticism about what you 'should' eat.

Pick a day this week to put your plan into action. Eat slowly, focusing on the flavours, and savour every bite.

My favourite food plan: _____

What I plan to eat: _____

How I'll control the portion size: _____

PersonalPoints value: _____

When & where I'll eat it: _____

Who I'll eat it with: _____

Building healthy habits

To support the lifestyle changes you're making to reduce your risk of Type 2 diabetes, you'll be learning to build healthy habits when it comes to the way you eat, move and think.

A habit is created when a single conscious behaviour is repeated over time, until it becomes automatic. These steps are known as the habit loop. Here's how it works:

The cue

A prompt to perform the behaviour – such as a sight, smell, time of day, place or an emotion.

The behaviour

The action or the habit itself.

The reward

The benefit you get from doing the behaviour, encouraging you to repeat it.

We all have the power to create or change our habits. By understanding how our habits are formed, you'll be able to turn helpful eating, activity and mindset behaviours into regular habits that benefit your daily life. Creating a habit loop can help you to turn a positive action into a healthy, lifelong habit.

Then, consciously practise the habit loop. The more often you do this, the sooner it will become automatic.

1. Choose a behaviour you want to convert into a habit, such as going to a yoga class after work twice a week.

2. Identify the cue that will signal it's time to carry out that chosen action. For example, set a reminder on your phone to leave work in time to attend the class.

3. Choose your reward – how will you benefit from the behaviour? It could be the feeling of calm you experience after the class.

Behaviour I want to turn into a habit: _____

My cue to do it: _____

My reward will be: _____

Planning and tracking your meals

Planning what you're going to eat in advance – before you feel hungry – can help you stay in control, especially when you come across those external hunger triggers like the sight of a tasty muffin in a coffee shop, or the smell of fresh bread in the supermarket. It's also a great way to include the foods you love in your eating plan, with a variety of nutrients, flavours and **PersonalPoints** values to keep things interesting.

There are many ways to plan or prepare meals in advance, no matter how much (or how little) time you have. Here are some top strategies to try:

Take stock. After choosing your meals, check what you already have to hand before making a shopping list, so you won't buy things you don't need or forget to pick up key ingredients.

Set a date. Choose when you'll prepare recipes for the week ahead, so you'll have meals to simply heat up when needed. Why not make it fun by asking friends and family to help?

Double up. If preparing meals for an entire week is daunting, start with just two, or use a recipe you can batch cook so it stretches to two dinners.

Keeping a food diary. Tracking what and when you eat – is another healthy habit to master to help reduce your risk of Type 2 diabetes. Being aware of the foods you're eating, and portion sizes, is the first step in taking control of your daily diet.

Choose one of these strategies to help you plan your meals this week and write down when you will use it here:

My meal-planning strategy will be: _____

When I'll put it into practice: _____

Eating out and about

The Healthier You programme delivered by WW gives you the flexibility to eat out with family and friends. While you might have to leave a few decisions up to the chef, you can still choose food that supports your get-healthy goals, works with your **PersonalPoints** Budget, and delights your taste buds!

Before you go

- Save your weeklies and any rollovers (remember, you can roll over up to four unused daily **PersonalPoints** into your weeklies) to increase your Budget for a special meal out. Remember you can earn Points too!
- View the menu online to find the best options for you (including whether you'll have drinks or dessert, or both!).
- Use the WW app to check the **PersonalPoints** values and track them in one click.

At the table

- You don't have to weigh or track ZeroPoint™ foods, so choosing a ZeroPoint option means you can spend **PersonalPoints** on a tasty side dish or dessert.
- If you're not sure what's in a dish, or how it's cooked, just ask. You might also ask for sauces and dressings to be served on the side.
- Placing your order before everyone else at your table could help you stick to your prearranged choice.
- If portion sizes are large, sharing a dish could be a fun way to manage a big serving.
- Eating together is not only about satisfying hunger, it's a chance to connect. Be present by eating slowly, savouring each bite, and engaging with those around you.

Plan your next meal out here:

Before I go I will: _____

Afterwards, reflect on how it went. What will you change for next time?

Next time I will: _____

Learn the language

Look out for these words on the menu – they’ll give you a good idea as to what’s likely to be high in fat or sugar, and what’s a healthier option.

Splurge	Save
Alfredo (parmesan cheese & butter)	Baked
Au gratin (cheesy breadcrumb crust)	Blackened
Battered (usually fried)	Boiled
Bearnaise (a sauce made with clarified butter)	Flame-cooked
Breaded (coated in breadcrumbs and fried)	Garden-fresh
Flaky (a buttery pastry)	Grilled
Hollandaise (a buttery sauce)	Poached
Pan-fried (still fried!)	Smoked
Rich (usually involves butter, cream or both)	Steamed
Tempura (Japanese batter, usually deep fried)	

Also keep a watchful eye out for...

... toppings like croutons, bacon pieces, nuts & seeds – they all tend to be high in **PersonalPoints** values.

... creamy salad dressings – they are usually much higher in **PersonalPoints** than vinaigrettes.



Getting active to prevent Type 2 diabetes

Regular activity plays a crucial role in helping to prevent Type 2 diabetes.

Research shows that increased activity can also boost self esteem, improve mood and sleep, and help you reach your weight loss and wellness goals. In fact, combined with eating more healthily, increasing your activity can lead to 20% greater weight loss than changing your eating habits alone.

The key to being active is to ask yourself what activities you want to do - in other words, what types of movement do you most enjoy? Here's how to get in the mood to move*:

*Check in with your GP if you're new to getting active.

Find inspiration. Think about activities you've tried before that you really enjoyed. It could be walking the dog, taking a yoga class, or dancing during a night out. Think about how you could fit this activity into your routine more regularly.

Try something new. Sign up to a fitness class with a friend, join a walking group or trial a new piece of equipment at the gym. If there's an activity you've always fancied trying, now's the time! You'll find lots of inspiration on the WW app or at ww.com.

Choose something to try this week and write it down. Then make a plan by deciding when and where you'll do it, and who could join in.

What activity will I do? _____

When will I do it? _____

Where will I do it? _____

Who, if anyone, will I do it with? _____



Top ten activity ideas you could try

- 1. Walk around whenever you talk on the phone.**
- 2. Dance to your favourite music.**
- 3. Pace the sidelines at your children's or grandchildren's sports events.**
- 4. Play actively with your children or pets for 15 to 30 minutes a day.**
- 5. Replace Sunday drives with Sunday walks.**
- 6. Run or walk fast when you do errands.**
- 7. Start a new active hobby, such as biking or hiking.**
- 8. Take a walk after dinner with your family or by yourself.**
- 9. Track your steps with a pedometer. Work up to 10,000 steps or more a day.**
- 10. When you watch TV, stand up and move during the ads, or do chores.**

Staying active to prevent Type 2 diabetes

When you're busy with work or caring for others, finding time for exercise can feel like a challenge. However, even short bursts of activity can help you improve your health and reduce your risk of Type 2 diabetes.

There are many ways to get more movement into your day without completely overhauling your routine. All it takes is a few simple tweaks to activities you're probably already doing. Here are some ideas:

- Take the stairs instead of the lift at the office or shopping centre
- Park in the space farthest from the supermarket entrance or high street
- Get off the bus or train a few stops earlier and walk the rest of the way

- Walk around instead of sitting when you're on the phone

Turn it into a habit

The easier it is to fit a healthy behaviour into your routine, the more likely you'll be to make it a habit. Research⁴ shows that by acknowledging the physical activity we do is good for us, we benefit even more, so give yourself credit for the movement you do in a day, even if it's doing squats while you brush your teeth!

Make a plan

Think of a day during the week ahead when you might struggle to be active. Now think of two opportunities to squeeze activity into that day, such as during your commute or between appointments.

How will you squeeze more activity into your busiest day this week?

What activity will I do? _____

When will I do it? _____

Where will I do it? _____

Who, if anyone, will I do it with? _____

It can be challenging to get active

Here are some common challenges and some ways to overcome them. Write your own ideas in the table below.

Challenge	Solution	Other ideas
It's too hot, cold or wet outside	<ul style="list-style-type: none"> • Work out indoors. • Dress for the weather! 	
I don't have time	<ul style="list-style-type: none"> • Break your 150 minutes into smaller chunks • Do your housework briskly • Stretch, do sit-ups or pedal an exercise bike while watching TV • Take a brisk walk during your lunch break at work • Join a nearby gym and stop off before or after work, or during your lunch break • Join - or start up - an office walking group 	
I don't have child care	<ul style="list-style-type: none"> • Be active with your kids • Swap child care with a friend • Find a gym with a crèche • Ask friends or family to help out 	
I feel embarrassed	<ul style="list-style-type: none"> • Work out at home using You Tube videos or the ideas on the WW app • Find a fitness buddy and encourage each other 	
It costs too much	<ul style="list-style-type: none"> • Look for free activities in the community • Walking is free! 	
It's boring	<ul style="list-style-type: none"> • Dance! • Use a fitness app • Listen to music, watch TV, or talk on the phone while you're active • Keep trying new things til you find something you like 	

Getting more active

Keeping your activity levels up will go a long way towards helping to prevent Type 2 diabetes, and is a key part of a healthier lifestyle.

As you've been working through this programme, you've been taking steps towards activity becoming a healthy habit. The next step is to make this an integral part of your daily life. Try these steps:

- Decide when you'll be active during the day, and for how long. Be realistic about your schedule, your to-dos, and your want-to-dos.
- Ask yourself what gets in the way of being active during this time. Brainstorm possible solutions.

Maybe you'll set time aside in your calendar between 7am and 8am twice a week, or extend your childcare?

- Practice your routine for a week, focusing more on the 'when'. If your plan is to go to the gym on Wednesday and Saturday at 6pm, just aim to get yourself there whether you hit the treadmill or steam room.
- Take stock. What's going well? What's challenging for you? Adjust your plans as needed in order to find a routine that works for you. Once you've found a solution, you can shift your focus onto how you want to move.

Using the steps above, draft your plan to create an activity routine. Pick a day you'll begin trying it for a week. Evaluate and adjust your routine until you find a way to make activity fit.

My plan

When, and for how long, I can be active: _____

Barriers I'll clear: _____

Day I'll start my routine: _____

Keeping a positive mindset to reduce your risk of Type 2 diabetes

Thoughts can be just as important as actions. What you **THINK** influences how you **FEEL** which determines what you **DO**.

Thousands of thoughts go through your mind each day, and while many are helpful, there will also be unhelpful thoughts that lead to negative feelings or actions, and these could hold you back from achieving your get-healthy goals.

You can reshape unhelpful thoughts into helpful ones by giving them a reality check. When you have an unhelpful thought, ask yourself “What are the facts that make this thought true, or untrue?” Also, “What would I say to a friend who thought this way?”. By giving your internal voice a reality check and replacing unhelpful thoughts with helpful ones, you can also change how you feel and what you do. Here’s how to shift your thinking in three simple steps:

1. Identify an unhelpful thought. For instance, “I’ve missed my daily walk today, so I’ve ruined all my progress.”

2. Do a reality check. “Does my thought match the facts? Would I say this to a friend?”

3. Develop a new, helpful thought. Tell yourself “Yes, I missed today’s walk, but I can get back on track tomorrow.”

My unhelpful thought: _____

Reality check: _____

My new, helpful thought: _____

Thoughts and thinking styles

When you experience setbacks on your journey to better health, you might find yourself thinking you've failed, that you can't carry on, or that you're destined to never be able to change things. Use the ideas in the table below to help.

Type of thinking	Instead of thinking...	Tell yourself...
All or nothing – you only see the extremes with nothing in between.	I can't eat ice cream ever again. Exercise is boring.	I can have ice cream once in a while, and when I do, I'll measure it. That way I won't have too much. I haven't found an activity that I enjoy yet. I'll keep trying new activities until I find one that I like.
Making excuses – you blame situations or other people.	It's too cold/hot outside to go for a walk. I can't meet my healthy eating goals because my partner keeps baking cakes.	I'll dress for the weather and walk anyway, or I'll workout indoors. I find the cakes tempting, but I'll ask my partner to make something healthier instead.
Filtering – you ignore the good and focus on the bad.	No one supports my healthy lifestyle. I haven't stuck to my PersonalPoints Budget at all this week.	I'll ask for more support. I've put a plan in place to make sure I can stay on track in future.
Self-labelling – you call yourself something negative.	I'm such a weakling. I'm the world's worst cook.	I can climb the stairs without getting out of breath now. I'll find some easier recipes to try.
Gloom and doom thinking – you assume the worst.	I just know I'm going to get hurt. Then I won't be able to work out. I just know I'm going to get Type 2 diabetes, since both my parents had it.	I'll take steps to work out safely, and if I do get hurt, I'll find a different way to be active. I know a lot more about how to prevent Type 2 diabetes than my parents did. I'll do what I can to prevent it.

Three top tips to stay positive and reduce stress

1. Get enough sleep

Missing out on as little as 30 minutes' sleep each night during the week can, over time, cause weight gain and insulin resistance, which may lead to Type 2 diabetes. Researchers studying those at high risk of Type 2 diabetes also found that those who slept fewer than five hours a night were 70 per cent more likely to progress to diabetes. Catching up with weekend lie-ins doesn't help, so try to set a regular bedtime - and stick to it.

2. Step away from the box

Hooked on Corrie? Every hour you spend watching TV each day raises your risk of type 2 diabetes by 3.4 per cent, say experts. So, if you stay glued to the telly for four hours every evening, your risk will go up by nearly 14 per cent. The risk is raised not by TV itself, but by sitting down - so get into the habit of getting up and being more active during ad breaks or standing to do something (ironing, anyone?) while you watch.

3. Stop stressing

You probably already know that stress can affect your health in many ways, but one surprising effect is that the stress hormone, cortisol, can increase the concentration of glucose and fats in the bloodstream. When this happens over periods of time, it makes your cells less sensitive to insulin. Feeling overwhelmed? Try chatting through your feelings with a friend, your WW Coach, Online Coach or even your GP. Talking it out could help you manage your stress or get extra support if you need treatment to help you relax.



Using problem solving strategies to learn from slip-ups and stay on course

When things go wrong, it's helpful to think about how you would treat a friend going through this situation. Self-compassion is about treating yourself with kindness and acceptance instead of judgement or criticism. It also helps you recognise setbacks are just part of being human – they happen to everyone.

Everyone's path to better health and wellbeing will have highs, lows and plateaus. Practising self-compassion means being kind to yourself during challenging times, and as a result, you'll be better able to overcome hurdles.

When you eat something you hadn't planned to, are you judgemental? Do you respond with thoughts such as, 'What is wrong with me?' You might think 'tough love' will help you to focus, but research says self-criticism can make you anxious and actually lose focus. However, self-compassion can enable you to accept what's taken place and get back on track.

Plus, studies show those who practise self-compassion take greater care of themselves and have healthier behaviours, such as eating well and being active, even when stressed⁵.

Think of a time you've faced a hurdle in your efforts to reduce your risk of Type 2 diabetes. Write what you would say to encourage a close friend in a similar situation:

Now write what you'd usually say to yourself in a similar situation

Are there any differences between them? Think of how you could respond to yourself the next time you have a setback

Staying motivated

A key part of keeping on track with healthy habits is to stay motivated. While people around you will no doubt be happy to share what works for them, it's important to find what works for you.

As you move into the next phase of this programme, use what you've so far learned to keep watching your weight, eating healthily, and being physically active. Stay focused, motivated, and committed to working through the difficult times. Remember your goals and how far you've come.

Progress review

Changes I've made to how I eat: _____

Changes I've made to become more active: _____

Changes I've made to how I think: _____

What I'm most proud of: _____

What I still find challenging: _____

Here are some other tried-and-tested ways to stay motivated:

Keep signs of your progress in a visible place

- Put your weight and activity graphs on the fridge door
- Keep a log of your milestones and put it where you'll see it regularly
- Measure yourself regularly

Maintain the healthy habits you've learned

- Keep a food diary
- Stay close to your support network
- Commit to staying active

Add variety to your routine

- Shake up your eating habits every so often
- Find new ways to stay active

Identify new ways to challenge and reward yourself

- Challenges should be specific, short-term, and realistic
- Reward yourself with something you will do or buy if, and only if, you succeed in your challenge

- Think of some non-food ways you can reward yourself for meeting a challenge

Create some friendly competition

- Find a buddy who can help you stay focused
- Set up a friendly competition where each of you win, to motivate each other

Remember that slip-ups are normal

- If you do slip up, focus on getting back in the game quickly
- Use WW Online Coach to help and support
- Take the stairs instead of the lift at the office or shopping centre
- Park in the space farthest from the supermarket entrance or high street
- Get off the bus or train a few stops earlier and walk the rest of the way
- Walk around instead of sitting when you're on the phone

What steps will you take to stay motivated?

What's next?

Congratulations on finishing this stage of the programme. You will have made some real progress in reducing your risk of Type 2 diabetes.

Once you have been participating for nine months, you'll receive:

- **advice** on how to maintain the changes you've made to your lifestyle and behaviours
- **post-programme support**, including **free vouchers** to attend follow-up WW sessions monthly for 3 months and then quarterly until 2 years have passed
- **follow up emails** for 12 months
- **unlimited access** to WW online coaches 24/7



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HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME