



Module 3

Oruh Kom in Lohacng Nuke Mukwikwi kuh Ahsrosr Lom An



Lohacng lom nuke lusen pac kom sislah in mukwikwi kuh ahsrosr ac kasrekom in kosraclah kuh ahksuhmuhiye sikyak lun Mihsen Suka (Type 2 diabetes).



Pa inge mwe sramsram kuh mwe nunak yohk lasr uh:

- Sripac ma panang kom enenuh in lohacng nuke mukwikwi kuh ahsrosr lom an
- Kom ac oruh fuhkah kom in lohacng nuke mukwikwi kuh ahsrosr lom

Kom ac oraclah pac plan se lom sifacna!



Mwe kasruh:

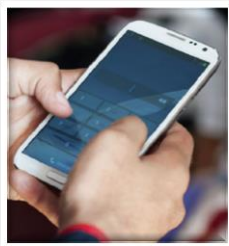
- ✓ Orekmakin sie puk ah sihmihs mukwikwi kuh ahsrosr lom an kom in muh kuh in etuh lah minute ekasr kom sislah nuhke mukwikwi kuh ahsrosr ke lwen se.
- ✓ Oru kom in use in liyeyuck meet liki kom mutawaak
- ✓ Mutwaak wek minute an ke pac kom mukwikwi kuh ahsrosr lom an oasr ke ma na fal. Kalmac pa kom kuh in sramsram na ahsrosr tusruk tiac kuh in on ke kom mukwikwi kuh ahsrosr an.
- ✓ Sang orekma kom oruh ke lwen nukewa, pa nuke imohm pihsrpihsr lun lohm ah ac imohm lukunum ah.





Kom ac Etuh Fuhkah Mukwikwi kuh Ahsrosr Lom An

1. Orekmakihn watch, clock, timer, smart phone kuh program ke computer in fahkwack lusen pacl ma kom mukwikwi kuh ahsrosr.
2. Suhmuhsalah ke sie pwepuh kuh puk ah lusen pacl ma kom oruh mukwikwi kuh ahsrosr lom an. Orekmakin minute nuhke lusen pacl an.



PREVENT T2

Fitness Log

Use this log to track your minutes of activity each day. Track activity of at least a moderate pace. Share this log with your Lifestyle Coach at the start of each session. If you'd like, you can also track more details about your activity, such as what activity you did, how far you went, how fast you went, how heavy your weights were, how many steps you took, and how many calories you burned.

Week of: _____
(Date)

Date	Minutes	Other details about your activity (optional)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an



Ac kuh in upac kom in arlac etuh mukwikwi kuh ahsrosr lom an. Pa inge kuhtuh ma upac ma wacna sihyak ac kasruh nuhkac. Suhmuhsalah nunak lom sifacna ke column soko ma fahk mu “Kutwena Oihyac in Kasruh.” Mahkiyac kais sie ma kom srihke tari.

Ma Upac	Kasruh Nuhkac	Kuhtwena Oihyac in Kasruh
Nga arlac kahfofo.	<input type="checkbox"/> Oraclah pacl lom in suk in etuh. <input type="checkbox"/> Esam lah kom enenu in etuh – in kuh in ahksrihkye sensen lom nuhke mihsensuka (type 2 diabetes).	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Upac nuh sik in rit ac sihm.	<input type="checkbox"/> Srukyac pusrem ke smart phone kuh kuhtwena ma kom kuh in orekmakin. <input type="checkbox"/> Siyuk sin met kol, kawuck, kuh sucu in sihmihs lusen minute kom oraclah an ke ma suhmuhsalah nuhtum.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an



Ma Upac	Kasruh Nuhkac	Kuhtwena Ohiyac in Kasruh
Nga nuh muhlkihn na.	<input type="checkbox"/> Oraclah in ipin ma kunom ke lwen se pa in etuh kuh sumuhslah. <input type="checkbox"/> Fihliac sie mwe akacsmak ah ke phone nutum an kuh computer ah. <input type="checkbox"/> Orekmakin timer. <input type="checkbox"/> Fihliac ma suhmuhslah ke acn ma kom kuh in lie. <input type="checkbox"/> Siyuck kawuck kuh sucu an in ahkacsmakihnyekom.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Nga tiac ke etuh kuh muhta sihmihs.	<input type="checkbox"/> Fulusyac ma kom oraclah an ke pihsinkac ah. <input type="checkbox"/> Orekmakihn ma sahyacn mongo sang opi ikom ke. kom sun finsrak lom ke mukwikwi kuh ahsrosr lom an. <input type="checkbox"/> Akuhtuhn nuh sin sie kawuck lom an in lie lah suc kac ac oraclah yohk minute ke mukwikwi kuh ahsrosr la an. <input type="checkbox"/> Srihke sie program ke smart phone nutum an kuh computer ah.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____