



## Module 18

# Eis Monglac in Ahsrosr

**PREVENT T2**   
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

**Kom fin eis 2 minute an nuke monglac in ahsrosr inmasrlon minute 30 nukewa ac kuh in kasrekom in kosraclah kuh ahksuhmuhiye sikyak lun mihsen suka (type 2 diabetes).**



**Pa inge mwe sramsram lasr uh:**

- Kuhpahsr lun muhta tiac mukwiwi ac mihsen suka
- Ma ac kuh in ahkkolukye eisyacn monglac in ahsrosr ac ohiyac in kasruh

**Kom ac oraclah pac plan se lom sifacna!**



**Mwe Kasruh:**

- ✓ Lohacng nuhke lusen pac! kom sislah in muhta na tiac mukwikwi ke kais sie len.
- ✓ Srihke in eis 2 minute an nuhke monglac in ahsrosr inmasrlon minute 30 nukewa.



# Sramsram soko kac! Srue



Srue el oasr in sensen in weack mihsen suka (type 2 diabetes). Doctor lal ah siyuck sel elan kuh in mukwikwiyak kuh ahsrosr ke lusen minute 150 ke week se, ahsrosr na fal kuh upac kutu. Tukun kutu pacl, el sun finsrak se inge.

Tokoyang, Doctor lal Srue ah siyuk elan mutawacack lohacng nuhke pacl ma el sislah in muta na tiac mukwikwi. Pa inge ma el konwacack.

Ke lotutang uh, Srue el muta san train in som nuke orekma ah. Inkaiyen len se, el sislah in muta ke siah lal ah, orekmakin computer. Kutu pal uh, el sramsram ke phone ah kuh meeting - suc el oacyacpac muta na tiac mukwikwi. El eis mongo in infulwenlwen lal ke tepuh soko ke room lun mwet orekma inge. Tukun orekma ah, el som nu lohmi sel ke train ah.

Ke el srihke in toeni kwewa lusen pacl inge, el lut kac. El konwacack tuhnuh el muhta tiac mukwikwi ke lusen ao 12 inmasrlon ao 16 ma el ngwetngwet. Finne el oraclah minute 150 in mukwikwi kuh ahsrosr ke week se, Srue el sislah na paye pacl yok in muta tiac mukwiwi.

Srue el otwelah elan mukwilac in ahkwoye. Pacl inge, el srackna oruh mukwikwi kuh ahsrosr lal ke lusen minute 150 ke kais sie week. Tusruktu el oacyacpa ahksrihkyelah pacl el sislah in muhta. El orekmakin app se ke phone natul ah in ahkacsmakinyacl elan eis monglac in ahsrosr lal inmasrlon minute 30 nukewa. Pacl el wi train ah, el srihke in oasr pacl el tuyak. Ke acn in orekma ah, el in office lal ah ke pacl el sramsram ke phone ah ac orekmakin ball in ahsrosr se e ke computer ah. Wolac puhla lal Srue liki meet ah.



## Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an

Ac kuh in upac in ahkfasryeyuck monglac in ahsrosr uh. Kuhtuh pa inge ma upac ma wacna sikyak ac ohiyac in kasru nuhkac an. Suhmuhsalah nunak lom sifacna ke acn se ma fahk muh "Kuhtwena Kasruh Nuhkac". Mahkiac kais sie ma kom srihke an.

Ma Upac	Ohiyac in Kasru	Kuhtwena Kasruh Nuhkac
<b>Wangin pacl luhk nuhke monglac in ahsrosr.</b>	<b>Ke kom forfor nuh sahyac:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Srolah ke kais sie acn in monglac pacl kom wiwac.</li><li><input type="checkbox"/> Kom fin wi stosah, oruh kom in mokle monum in yohk. Sruhk niom, orekmakin resistance band, kuh kuhmseni monum.</li><li><input type="checkbox"/> Tu ke pacl kom wi bus kuh train.</li></ul>	<b>Ke kom forfor nuh sahyac:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>



## Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an

Ma Upac	Ohiyac in Kasru	Kuhtwena Kasruh Nuhkac
Wangin pac! luhk nuhke monglac in ahsrosr.	<p><b>Pac! kom lieyuck TV kuh petsac:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Dance.</li><li><input type="checkbox"/> Push-up pesinkac an.</li><li><input type="checkbox"/> Tohu, kuh orekmakin resistance band.</li><li><input type="checkbox"/> Fahsr kuh kasrusr in suwohs.</li><li><input type="checkbox"/> Orekmakin pwacskuhl in ahsrosr.</li><li><input type="checkbox"/> Forot forma ke pac! in advertisement.</li></ul> <p><b>Ke kom orekmakin computer:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Muhta ke sie ball in ahsrosr ah.</li><li><input type="checkbox"/> Tuyak. Oruh in wo fuhl wactan an lun computer an.</li></ul>	<p><b>Pac! kom lieyuck TV kuh petsac:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul> <p><b>Ke kom orekmakin computer:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>



## Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an

Ma Upac	Ohiyac in Kasru	Kuhtwena Kasruh Nuhkac
Wangin pacl luk nuhke monglac in ahsrosr.	<p><b>Ke kom sramsram ke phone:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Step nuh lac lac.</li><li><input type="checkbox"/> Fahsr in suwohs.</li><li><input type="checkbox"/> Forot forma.</li></ul> <p><b>Ke acn in Orekma (fin kom muhta ke tepuh)</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Siyuk mwet wi kom orekma an in ahkfahsrye meeting ma enenu kom in tuyak.</li><li><input type="checkbox"/> Orekmakin step liki na in elevator.</li><li><input type="checkbox"/> Sramsram na nu sin mwet wi kom orekma liki na in email.</li><li><input type="checkbox"/> Orekmakin insin in copy pwepuh ma oan loes liki kom.</li></ul>	<p><b>Ke kom oasr ke phone an:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul> <p><b>Ke kom muhta ke tepuh lom o ke orekma ah:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>



## Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an

Ma Upac	Ohiyac in Kasru	Kuhtwena Kasruh Nuhkac
<b>Nga mulkunlah in eis monglac in ahsrosr.</b>	<input type="checkbox"/> Siyuk kawuck kuh sucu in ahkacsmakinye kom.	<input type="checkbox"/> _____
	<input type="checkbox"/> Fulusyac ma suhmuhslah ke acn kom ac lie.	<input type="checkbox"/> _____
	<input type="checkbox"/> Orekmakin sie timer ah.	<input type="checkbox"/> _____
	<input type="checkbox"/> Orekmakin apps ke phone kuh computer ma ac ahkacsmakinye kom.	<input type="checkbox"/> _____