



LEADR PARTICIPANT WORKBOOK

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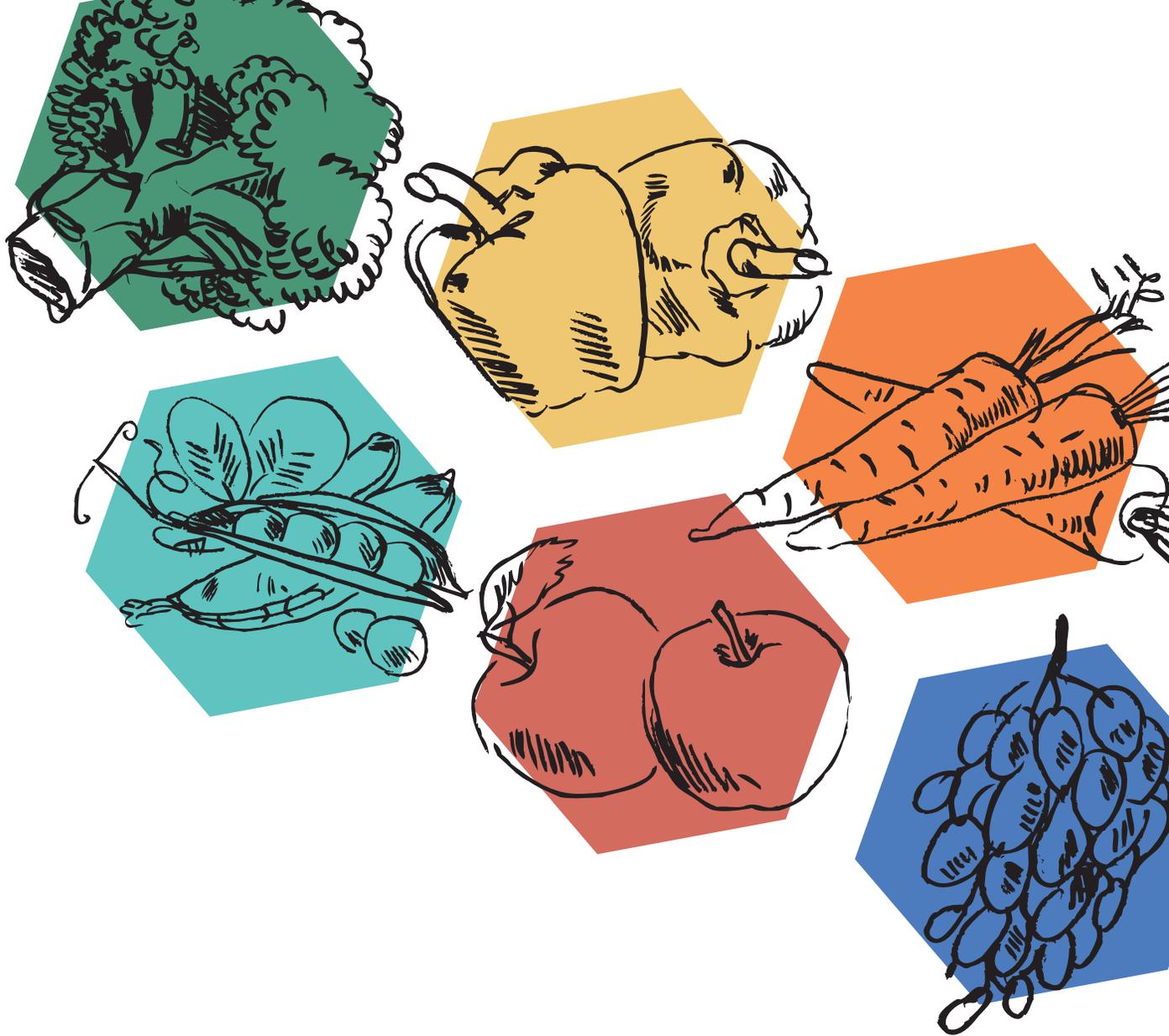
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SESSION ONE

Getting Started with Diabetes Remission

Welcome to Session One!

A warm welcome to our first session towards diabetes remission! We are so thrilled for you to be here and excited to share your progress in this journey of health with you. Each of us has a unique and valuable perspective, and sharing our experiences will promote an environment where we can all learn from each other. So these sessions will be interactive.

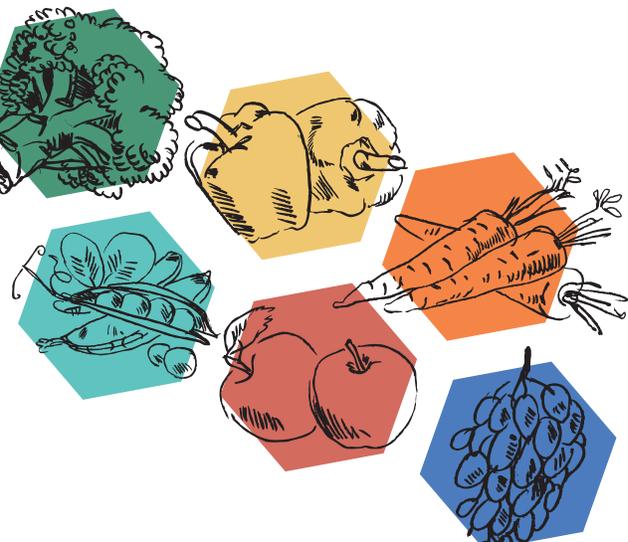
We will start with some background and introductions.

Your Health Vision Statement

What is the main goal you hope to achieve through this program?

Why do you want to achieve this goal? Think about how you imagine your life will change or improve after you achieve that goal. What things will you be able to do that you don't do now? What things will you be able to have that you don't have now?

Imagine that you've achieved your goals and you are able to do and have everything you listed above. Write out a day in the life of this new version of you. Start from when you wake up and end when you go to sleep, filling in as many details as you can about this new life. Remember, this is the most ideal version of your life that you can imagine, so dream big!





MY NOTES

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Now it's time to write your health vision statement. Based on your answers above, write a short paragraph in present tense describing your health vision.

Examples:

I am a healthy, happy person who makes time in my life for myself, my spirituality, and my friends and family. I walk every morning to start my day on the right foot and to relieve stress. I feel confident in choosing foods that keep me healthy. I can easily bend down and pick up my grandchildren, and play with them outside.

I feel excited about my life. I regularly play pickleball with my friends and have plenty of energy to do it. I love the way the foods I eat make me feel. I no longer take as many medications, and my doctor says I'm healthy. I love waking up in the morning and starting another amazing day.

I am losing weight and feeling at peace with my body. I am on vacation with my family, and I feel energetic and free. I'm wearing clothes that make me feel good, and I can keep up with my active kids. Healthy eating and daily exercise is just the way it is - I don't even think twice about it anymore.

The Diabetes Remission Plate

Include a wide array of fiber-filled, nutrient-dense, and antioxidant-rich whole plant foods at every meal. Use a variety of herbs and spices to enhance flavors.

01



02



03



04





MY NOTES

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01. Focus on whole fruits & vegetables. Eat a rainbow of color.

Vegetables: Dark leafy greens (spinach, kale, arugula, etc.), broccoli, squash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery, cauliflower, cucumbers, white & sweet potatoes, green peas, cabbage, whole plant fats (avocados, olives), and more.

Fruits: Apples, bananas, grapes, citrus fruit, berries, peaches, pears, pineapple, kiwi, plums, watermelon, starfruit, mangoes, just to name a few.

02. Drink water for hydration.

03. Eat a variety of plant protein.

Legumes: Peas and beans, including kidney beans, pinto beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu.

Nuts and seeds: Almonds, pistachios, walnuts, pecans, nut butters, pumpkin/sunflower/chia/flax seeds, and more.

04. Choose whole grains.

Whole grains: Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, whole grain bread/ tortillas/cereals/ flours, to name a few.



MY NOTES

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Setting Health Goals

If you're really ready to make a commitment to reaching a healthy weight, you'll want to set clear health goals and develop a plan of action.

A good goal should be a SMART goal. SMART is an acronym coined by Peter Drucker in 1954 for project managers, but it works just as well for health goals. The letters stand for:

Specific

Measurable

Attainable

Realistic

Time-element





MY NOTES

Here is how it works for health, using weight loss as an example:

Specific

How much weight would you like to lose or gain?

Measurable

What tools will you use to track progress? scale, measuring tape, etc. Be sure to keep a written record and date it, so that you can map your progress.

Attainable & Realistic

Make sure your goal is one that can be attained and one that you realistically can achieve. If you make a goal that is theoretically attainable but not realistic, such as, “I’m going to lose 50 pounds in the next 3 months,” you’ll likely be setting yourself up for failure. On the other hand, if you set a goal that is too easy, such as, “I’ll lose 1 pound in the next 3 months,” it’s unlikely you’ll find much motivation to make any significant changes. Make sure your goal is significant enough to motivate you to action.

Time-element

Finally, make sure there is a time-element to your goal. “I’m going to eventually lose 50 pounds” is not nearly as motivating as, “I’m going to lose 50 pounds by this date next year.” Even more motivating is to break it down into smaller chunks: “I will lose 5 pounds in the next month.” The closer the deadline, the more motivated you’ll be to take action.

Review the example on the next page. Then use the five criteria for SMART goals to write your personal reaching a healthy lifestyle goal. Once you’ve written your healthy lifestyle goal, identify five specific actions you’re going to take to accomplish it.

