



## Diabetes—Lifestyle Links

### Session Guide and Review Notes

#### Diabetes—Lifestyle Links

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

#### Summary: Diabetes—Lifestyle Links

- **Type 1 diabetes** is an autoimmune disease where the pancreatic cells that produce insulin are damaged. Only 5-10% of people with diabetes have this type.
- **Type 2 diabetes** develops when the body's cells become resistant to insulin, requiring more insulin than normal to control blood sugar or glucose.
- Insulin is the hormone that “unlocks” cells to receive glucose, their major fuel source. Insulin “resistance” can cause fatigue due to lack of glucose in the cells.
- **Modifiable risk factors and causes of insulin resistance include:** Overweight, mid-section fat, inactivity, high saturated fat, low fiber refined food diet, excess calories, high blood pressure and triglycerides, abnormal cholesterol, and smoking.  
**The face of prevention and recovery: Nutrition.**
  - Eat beans, whole grains, nuts and seeds. Beans are high in soluble fiber. Eating some beans at every meal can help control blood sugar. Enjoy high fiber vegetables with lunch and supper.
  - Eat colorful berries and greens, which contain powerful antioxidants and anti-inflammatory agents. These build a healthy digestive environment for weight loss and help blood sugar control.
  - Choose healthful fats like avocado, nuts, seeds and olives. Eat omega-3 fats daily: walnuts, ground flax, chia and soy.
- **The face of prevention and recovery: Exercise.** A 10-minute walk after every meal helps balance blood sugar. Experience the benefits of daily exercise.
- All individuals with diabetes should have a thorough medical examination to assess possible undiagnosed complications and monitor medications, labs, and exercise.

#### 10 min Discussion Time 1: What are your thoughts?

- ✓ What are nutrition principles to help in the prevention and recovery of diabetes?
- ✓ Discuss how regular exercise can aid in the prevention and recovery of diabetes. What are some strategies for weather changes?

**5 min Discussion Time 2: What is your story?**

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

**5 min Freedom Journey:** Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Lifestyle choices are powerful weapons against diabetes.
- **Recalculate:** “What’s the best choice that I can make in this situation?”
- **Reframe:** A healthful lifestyle benefits mood, mental health, and energy!
- **Remember:** “He gives power to the faint, and to those who have no might He increases strength.” Isaiah 40:29.

**10 min Discussion Time 3: What have you learned?**

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

**Lifestyle Links:** Lifestyle links for building physical, mental, emotional, and spiritual strength.

**Reboot and Rebound:** Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** Nutrition. Exercise. Sleep. Water. Eat more beans. Take a 10-minute walk after meals. Choose water as your only beverage.
- **Create an Environment:** Write positive thoughts and actions in your Better Way Journal.
- **Create Connections:** Spend daily time with God in the Bible, taking time to pray to Him as a Friend. Familiarize yourself with His promises.

**10 min Discussion Time 4: What will you do?**

- ✓ What is your reason for wanting peace?
- ✓ Which of the **Lifestyle Links** are your focus right now?
- ✓ What is your first step?

**5 min Group Promise, Affirmation, and Prayer to Close Session**

**Pray and Say:** Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

**Handout:** Balanced Living Tract: Lifestyle Links, Diabetes: Hope for the Diabetic

©2018 LifestyleMatters. Material may only be used in compliance with license agreement. [www.lifestylematters.com](http://www.lifestylematters.com)  
LifestyleMatters®, 1-866-624-5433