

Lifestyle Balance



The Diabetes Prevention Program's
Lifestyle Change Program

After-Core Participant Handouts in Spanish

**Lifestyle Balance:
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After-Core Participant Handouts in Spanish
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- HL1 Getting Ready for the Holidays
- HL2 Lifestyle Balance on Vacation

Motivation

- MV1 Give Yourself Credit for Your Success
- MV2 How Do Successful Weight Losers Do It?
- MV4 What If the Scale Doesn't Budge?
- MV5 If You Believe You Can't Lose Weight

Self-Talk

- ST1 The Angel and the Devil
- ST2 Mental Gremlins

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Binge Eating/Emotional Eating

- BE1 Managing Binges

Fat in Foods

- FF1 Target In On Fat: Cheeses
- FF2 Target In On Fat: Dairy Foods
- FF3 Target In On Fat: Luncheon Meats
- FF4 Target In On Fat: Meats
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Meal Planning

- MP1 Build a Better Breakfast

- MP2 Build a Better Main Meal
- MP3 Build a Better Light Meal
- MP4 Build Better Snacks
- MP5 Happy Holidays! (menu modifications)

Handouts for After-Core Classes in Spanish
Behavioral Topics

Revision History

Date	Revision
10/7/99	Sent to center 4 the Spanish translation of the following handouts as translated by centers 16 and 27: Handouts for the after-core classes on time management, emotional eating, and muscle training
10/28/99	Sent to center 4 the Spanish translation of the following handouts as translated by centers 16 and 27: Facing the Music, the National Weight Control Registry, the Gift That Gives (from the Tool Box)
12/22/99	Sent Spanish translations of the following handouts to Program Coordinators at centers 4, 16, and 27: What's Next?, Topics of Interest, Give Yourself Credit for Your Success, If You Believe You Can't Lose Weight, Target In On Fat: Cheeses, Target In On Fat: Dairy Foods, Target In On Fat: Luncheon Meats, Target In On Fat: Meats, Target In On Fat: Party Snacks, Build a Better Main Meal, Build a Better Light Meal, Build Better Snacks, Happy Holidays! Several handouts for a low-fat cooking class conducted at centers 16 and 27, with recipes and information on tofu

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Behavioral Topics

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Physical Activity Topics

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Healthy Eating Topics

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