

# LIFESTYLE

## Weight Loss and Type 2 Diabetes Management 10 weeks Program

Weight Loss and Type 2 Diabetes Management Program, 10 weeks

### Week 1-2: Understanding Diabetes and Basic Nutrition

#### Week 1:

- Day 1: Introduction to Type 2 Diabetes and its Complications
- Day 2: Understanding Blood Sugar Management and the Importance of Regular Monitoring
- Day 3: Basics of Balanced Nutrition and Carbohydrate Control
- Day 4: Planning Healthy Meals and Snacks for Diabetes
- Day 5: Introduction to Physical Activity and its Role in Diabetes Management

#### Week 2:

- Day 6: Guidance on Portion Control and Optimal Caloric Intake
- Day 7: Deep Dive into Nutritional Needs and Meal Frequency for Diabetics
- Day 8: Strategies for Managing Cravings and Temptations
- Day 9: Tips for Grocery Shopping and Cooking for a Healthy Lifestyle with Diabetes
- Day 10: Discussion on the Importance of Stress Management and Sleep Quality for Diabetics

### Week 3-4: Practical Application and Lifestyle Changes

#### Week 3:

- Day 11: Guided Cooking Demo with Diabetes-Friendly Recipes
- Day 12: Practical Exercises for Stress Reduction and Relaxation
- Day 13: Evaluation of Participants' Current Dietary and Exercise Habits

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- Day 14: Designing Personalized Meal Plans and Exercise Programs

## Week 4:

- Day 15-17: Continued Support and Coaching to Address Challenges and Difficulties
- Day 18-20: Deep Dive into Advanced Topics such as Insulin Management and Medication Adjustments
- Day 21: Measurement of Progress and Adjustment of Individual Goals and Plans

## Week 5-6: Advanced Strategies and Long-Term Goals

### Week 5:

- Day 22-24: Optimization of Exercise for Weight Loss and Improved Blood Sugar Control
- Day 25-27: Discussion on Long-Term Lifestyle Changes and Preventive Measures
- Day 28: Encouragement for Participants to Continue with their New Healthy Habits and Routines

### Week 6-8: Focus on Sustainable Habits and Lifestyle Changes

- Day 29-42: Implementation of sustainable habits, focusing on diet, exercise, and stress management to promote long-term health and well-being.

## Week 9-10: Follow-up and Future Plans

### Week 9:

- Day 43-46: Follow-up on Participants' Progress and Evaluation of their Goal Achievement
- Day 47-49: Discussion on Future Plans and Strategies to Maintain Success in the Long Run

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## Week 10:

- Day 50-52: Conclusion of the Course with a Ceremony to Celebrate Participants' Achievements and Progress
- Day 53-70: Opportunity for Continued Support and Guidance from the Lifestyle Clinic Team to Support Participants in Their Ongoing Health Journey

This 10-week course is designed to provide participants with an in-depth understanding of type 2 diabetes while also offering practical tools and support to make long-term lifestyle changes. By offering a longer course structure, we can maximize participants' chances of success and long-term sustainability in their health goals.