

LIFESTYLE REDO

A Program to Prevent, Arrest & Reverse Chronic Diseases

Week 4 – Jumpstart Phase



Lifestyle Medicine Solutions
Accredited Service Provider of the
Philippine College of Lifestyle Medicine
www.lmedsolutions.com



FOCUS

Type 2 diabetes has long been considered a chronic, progressive disease, but recent evidence shows that **diabetes remission is possible** through targeted lifestyle modifications. Remission occurs when blood sugar levels return to a non-diabetic range without the need for glucose-lowering medications.

Key lifestyle interventions—**nutrition, physical activity, weight management, stress reduction, and sleep optimization**—play a crucial role in improving insulin sensitivity and reducing the underlying causes of diabetes. Research, including studies on plant-based diets, calorie restriction, and exercise programs, has demonstrated that these changes can help restore normal blood sugar levels and even reverse the disease in some individuals.

By adopting a structured and sustainable lifestyle approach, individuals can regain control over their health, reduce complications, and, in many cases, achieve long-term remission.

LEARNING OBJECTIVES

By the end of the session participants are expected to:

- Define Diabetes remission
- Understand the root cause of diabetes type 2
- Describe the role of active lifestyle in blood sugar regulation
- Understand the impact of macronutrients and calories on diabetes remission
- Identify sustainable lifestyle modifications to achieve diabetes remission

MATERIALS CHECKLIST

- Participant guide (should be distributed in each session)
- Food Logs, Activity Logs, Clinical Data Logs
- Vitals and Body Composition Logs
- Task sheet and other materials



THINGS TO DO

Before the Session

- Prepare your meeting room and secure a room for assessment.
- Make sure the needed supplies for the session are available.
- Review the Provider guide and make sure that you understood the module thoroughly so you can facilitate efficiently.

During the Session

- Facilitate participant’s assessment or delegate this task to your staff (ensure the recording of data using the LM Solutions Interface).
- Remind the participants to wear their nametags.
- Begin the session with a welcome introduction.

After the Session

- Take down notes and highlight items that went well and what needs to be improved. List down concerns that participants have that may need to be addressed in the next sessions.

SESSION OUTLINE

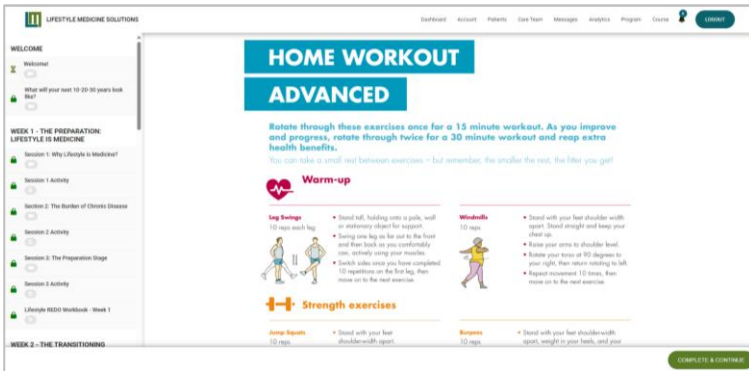
This session is designed to last for 90 to 120 minutes.

Session Welcome and Introductions	10 min
Program Overview	3 min
Lifestyle Is Medicine	30-40 min
Exercise Break	5-10 min
The Jumpstart Phase: Diabetes Remission	15-20min
Goal Setting	5-10 min
Action Planning	5-10 min
Summary	5 min
Session Closing	3 min

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Session 7



Begin reviewing your participants' physical activity trackers. Ask about their experience with implementing home workouts and encourage each participant to share their challenges and successes.

This video explainer is about 11 minutes.



Play the video explainer and emphasize on the definition of diabetes, insulin resistance, and its complications.

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Normally, insulin, a pancreatic hormone, enables body cells to use glucose and controls blood sugar levels.

Pause and emphasize the role of fat in insulin resistance.

	Medium orange	16oz orange juice	16oz orange soda	Diet orange soda
Sugar	10-13 g	48 g	58 g	0 g
Fiber	++	+/-	-	-
Vitamins	++	++	-	-
Satiety	++	+/-	-	-
Effect on blood sugar	Slow, controlled rise in blood sugar	Rapid blood sugar spike and fall	Rapid blood sugar spike and fall	May alter how body reacts to sugar

When foods are eaten without their normal complement of fiber, blood sugar levels can quickly shoot up.

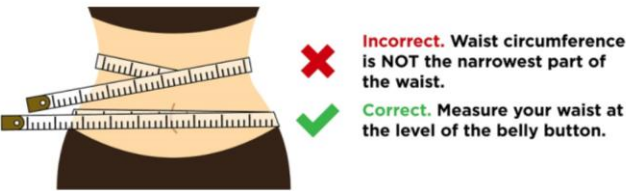
Pause and emphasize the role of fiber in diabetes remission.

Session 7 Activity

SESSION 7 ACTIVITY

HOME WORKOUTS AND STRENGTH EXERCISES

Download the provided material for home workouts and strength exercises. Start your exercise program and coordinate with your Lifestyle REDO provider for guidance.



WAIST CIRCUMFERENCE

Secure a tape measure and use it to get your waist circumference. Make sure you keep a record, including the date of measurement. Check the instruction below:

Go through Session 7 activity and guide the participants in taking their waist circumference. You may also add inputs on why waist circumference is crucial for Diabetes management.

Session 8 Activity



is one area of the brain that is greatly impacted by the signals sent by proprioceptors.

Play the video explainer and emphasize the effect of exercise in diabetes remission. Pause the video at some points you may highlight including the importance of stimulating proprioceptors to have positive impact on the limbic system “the emotional brain.” End the session by reminding participants to keep tracking their physical activity and go through activity 8.