



I CAN Prevent Diabetes Curriculum Outline

The content of the I CAN Prevent Diabetes Program is based on the Diabetes Prevention Program and adapted by PLAN FORWARD at the Indiana University Diabetes Translation Research Center for work with the YMCA.

Session	Topic
1	Welcome to the Lifestyle Balance Program
2	Be a Fat and Calorie Detective
3	Three Ways to Eat Less Fat and Fewer Calories
4	Healthy Eating
5	Move Those Muscles
6	Being Active: A Way of Life
7	Tip the Calorie Balance
8	Take Charge of What's Around You
9	Problem Solving
10	Four Keys to Healthy Eating Out
11	Talk Back to Negative Thoughts
12	The Slippery Slope of Lifestyle Change
13	Jump Start Your Activity Plan
14	Make Social Cues Work <i>for</i> You
15	You Can Manage Stress
16	Ways to Stay Motivated