

About This Course

WN4DC

This webinar will review how to affirm enjoyable movement.

Please download the handout for this webinar.



Learning Objectives

- State two benefits of focusing on enjoyable movement diabetes care
- Craft 2 of the 7 affirmations of behaviors and abilities in clients who are learning about enjoyable movement.





Crafting Affirmations

Affirming enjoyable movement for health, well-being, and blood sugar control instead of weight loss.

- Desire to move the body for health and enjoyment.
- WN 4 P.C

- Ability to explore and find enjoyable movement options.
- Ability to identify steps toward adding enjoyable movement.

Crafting Affirmations

- Willingness to commit to moving the body in enjoyable ways.
- Being able to engage in enjoyable movement.

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- The effort to engage in enjoyable movement in consistent and sustainable ways.
- Insight after engaging in enjoyable movement.

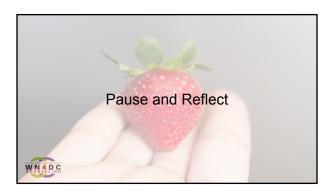
Practicing Affirmations

- Desire to move the body for health and enjoyment. "It is lovely to hear your desire [to move your body in enjoyable ways]."
- Ability to explore and find enjoyable movement options. "You are explore the idea fully. Nice job."
- Ability to identify steps toward adding enjoyable movement. "Congratulations seeing a path [to enjoyable movement]."



Crafting Affirmations

- Willingness to commit to moving the body in enjoyable ways. "Your commitment [to enjoyable movement] is lovely."
- Being able to engage in enjoyable movement. "Let's acknowledge your effort!"
- The effort to engage in enjoyable movement in consistent and sustainable ways." Well done at creating a sustainable plan."
- Insight after engaging in enjoyable movement. "Nice! You
- WN4 DC are able to navigate any obstacles."



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Writing Prompts: Practicing Affirmations

- . Desire to move the body for health and enjoyment.
- · Ability to explore and find enjoyable movement options.
- Ability to identify steps toward adding enjoyable movement.

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