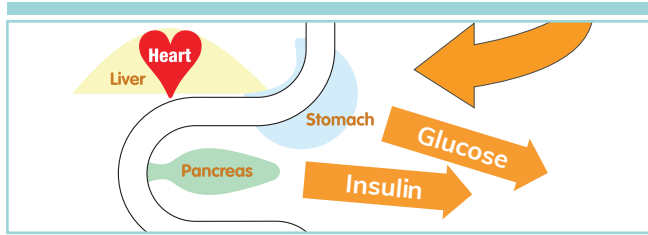
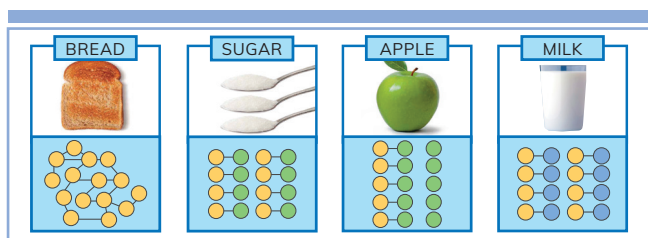


This programme is delivered over six sessions, which are outlined below. If you have purchased or been given this handbook but are not attending a programme all of the key messages from these sessions are still covered. If you require additional support our free online forum (accessible at [www.xperthealth.org.uk/forums](http://www.xperthealth.org.uk/forums)) is open to everyone.



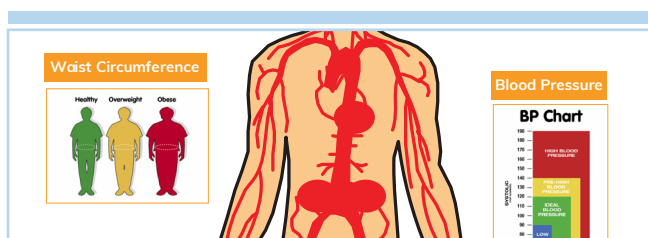
## Session 1: What is Prediabetes and Diabetes?

Digestion, carbs and blood glucose control  
 Insulin and insulin resistance  
 The 7 Lifestyle Factors for optimal health  
 Health results - what do they mean?  
 Setting goals: my health results



## Session 3: Carbohydrate Awareness

Carbohydrate and blood glucose levels  
 Assessing the amount of carbohydrate  
 Considering the type of carbohydrate  
 How good am I at estimating carb content?  
 Setting goals: my carb intake



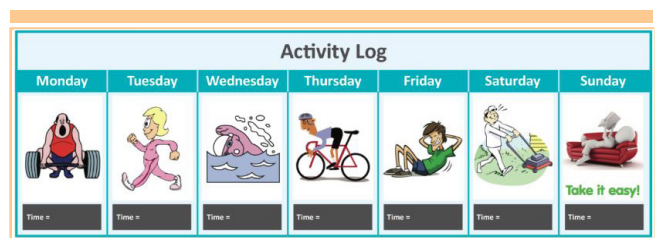
## Session 5: Possible Complications

Low and high blood glucose levels  
 How can diabetes affect long-term health?  
 Prevention of complications  
 Work, driving, insurance, travel and illness  
 Stress, meditation and sleep  
 Setting goals: reducing my risk



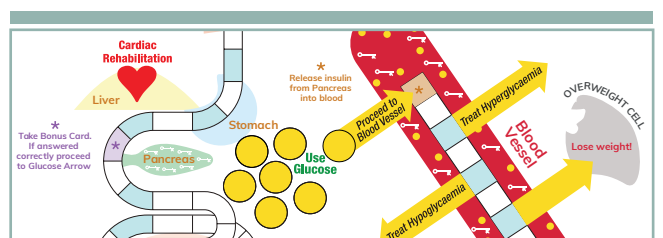
## Session 2: Nutrition for Health and Fat Awareness

Limitations with “eat less, move more”  
 Nutrition for Health - food groups and portions  
 Dietary approaches - one size doesn’t fit all  
 Fat Awareness  
 Setting goals: my dietary approach



## Session 4: Psychology of Eating, Food Labels and Physical Activity

Psychology of eating and causes of hunger  
 Nutritional information on food packaging  
 Physical activity - why, what, when and how?  
 Setting goals: my foods and activity



## Session 6: Recapping and the Way Forward

“Are you an X-PERT?” game (**group programme only**)  
 Revisiting my health profile  
 What’s next?  
 Maintaining any benefits  
 Recipes for different dietary approaches  
 Setting goals: my health goals for the future