

Messages for Lifestyle Coaches to Share With Participants

Sample Email for Lifestyle Coaches to Share with Participants

Nothing feels better than sharing your “wins,” big or small, with your friends, family, and community. When you share your story of how you made changes to improve your health, you motivate others to begin a journey to improve their own health. If you’re currently enrolled in or have completed the National Diabetes Prevention Program (National DPP) lifestyle change program and have a personal success story to share, we want to hear from you!

A potential Program Champion is:

- Excited about the lifestyle change program.
- Successful in making lifestyle changes and overcoming barriers.
- Someone who has a positive attitude about making lifestyle changes.
- A good listener and clear communicator.
- Comfortable talking with people.
- Willing to share their story about the lifestyle change program.

“If I can help connect one or two people to a program that can help them accomplish their goals, that is my motivation.”

— **Program Champion**

The National DPP needs your help to recruit new participants into the lifestyle change program. Share your story with others, connect with your community, and be a positive role model for type 2 diabetes prevention and healthy living by becoming a Program Champion!

Being a Program Champion is a rewarding experience. You’ll help others in your community create healthy lifestyle changes and prevent type 2 diabetes!

Contact Your Lifestyle Coach to Learn More About Becoming a Program Champion.