



Lifestyle Empowerment
Approach for
Diabetes Remission

LEADR Graduate Guide



Congratulations— you did it!

Congratulations on completing the **Lifestyle Empowerment Approach to Diabetes Remission (LEADR) program**. Over the course of this program, you have invested meaningful time and effort into transforming how you eat, move, manage stress, and care for your overall health. By building new skills and habits, you have laid a strong foundation for long-term wellbeing and better management—or potential remission—of type 2 diabetes.

This guide is designed to help you transition confidently from the structured program into everyday life, no matter where you receive care or live.

LOOKING AHEAD

As you conclude the LEADR program, there may be a few wrap-up activities recommended by your care team, such as:

- **Completing post-program surveys** or reflections
- **Scheduling follow-up lab work** as advised by your healthcare provider
- **Reviewing progress and next steps** with your primary care or lifestyle medicine provider

If you have questions about next steps, reach out to the healthcare professional or program staff who supported you during LEADR.



KEEP THE MOMENTUM GOING

Sustained change comes from consistency and follow-through. Consider taking the following steps to support your continued progress:

- **Schedule follow-up visits** with your healthcare provider
- **Set reminders for recommended lab work** or health screenings
- **Continue working with a lifestyle coach, dietitian, or exercise professional** if available to you
- **Enroll in additional lifestyle or wellness programs** that align with your goals

If you have questions about next steps, reach out to the healthcare professional or program staff who supported you during LEADR.



ONGOING LIFESTYLE PROGRAM OPTIONS (EXAMPLES)

Depending on availability in your community or health system, you may wish to explore:

- **Exercise-focused programs:** group or individual programs designed to help you safely increase physical activity
- **Food is Medicine or Culinary Medicine programs:** education combined with cooking demonstrations and practical skills
- **Shared medical appointments:** group visits that include brief provider check-ins and peer support
- **Workshops or special events** focused on nutrition, movement, stress, or sleep



STRENGTHEN YOUR DAILY HABITS

- **Continue setting weekly SMART goals** (Specific, Measurable, Achievable, Relevant, Time-bound)
- **Use a daily habit checklist** to track consistency
- **Set aside weekly planning time** to reflect on progress and set new goals
- **Track what matters to you, such as:**
 - Nutrition and meals
 - Sleep patterns
 - Physical activity
 - Mood and stress levels

Revisit your **LEADR workbook or program materials** anytime for guidance and inspiration.

STAY INSPIRED: LIFESTYLE MEDICINE PILLARS

Lifestyle medicine focuses on **six core areas** that work together to improve health.



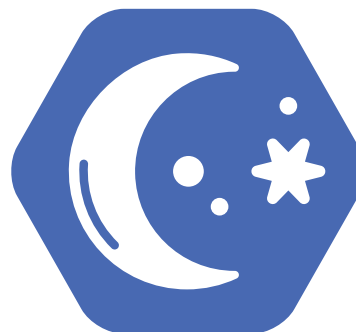
PHYSICAL ACTIVITY

- **Look for community** recreation centers, walking trails, or local fitness facilities
- **Explore online resources** such as workout videos or fitness apps
- **Choose activities you enjoy** and can sustain



NUTRITION

- **Consider meeting** with a registered dietitian if available
- **Continue to explore** new whole-food, plant-forward recipes and meal planning resources
- **Try grocery store tours**, cooking classes, or community nutrition programs if offered locally
- **Invite your friends and family** over for a plant-based potluck



RESTORATIVE SLEEP

- **Aim for consistent** bed and wake times
- **Practice good sleep hygiene** (limiting screens before bed, creating a calm sleep environment)
- **Use reputable sleep education resources** for guidance



STRESS MANAGEMENT

- **Practice relaxation techniques** such as deep breathing, meditation, or gentle movement
- **Explore** mindfulness apps, videos, or self-care routines
- **Make time** for activities that bring you joy and calm



POSITIVE CONNECTION

- **Stay in touch** with your fellow LEADR participants
- **Stay connected** with family, friends, faith communities, or social groups who are supportive of your health goals
- **Ask your healthcare provider** for suggestions to find peer support groups related to diabetes or lifestyle change
- **Consider forming or joining** an online or in-person support community
- **Make time for activities** that bring you joy and calm



AVOID RISKY SUBSTANCES

- **Seek support** if you’re concerned about alcohol, tobacco, or other substance use
- **Use national helplines or trusted healthcare resources** when needed

COMMON CHALLENGES & HOW TO OVERCOME THEM

LOST MOTIVATION

- **Revisit your personal “why”** for starting this journey
- **Set one small goal for today**—it all adds up
- **Use the 5-minute rule:** commit to starting an activity for just five minutes

SETBACKS

- **Progress is not linear;** setbacks are part of change
- **Reflect on what contributed to the setback** and choose one positive next step

TIME CONSTRAINTS

- **Start with micro-habits** that fit your current routine
- **Combine activities** (e.g., walking while on calls, stretching during breaks)

WHEN TO SEEK PROFESSIONAL HELP

If you experience concerning symptoms, changes in mood, persistent fatigue, or blood sugar concerns, contact your healthcare provider for guidance.

ONGOING SUPPORT

Even after the program ends, support is available. Consider staying connected with:

- Your healthcare provider
- Lifestyle medicine or wellness program staff
- Dietitians, exercise specialists, or health coaches
- Community or online wellness resources
- Your fellow LEADR participants



REFLECT & COMMIT

Take a few moments to reflect on your journey and write down:

My biggest takeaway from the LEADR program:

One habit I commit to maintaining:

My long-term health goal:

Revisiting these commitments regularly can help keep your motivation strong.

You’ve done something powerful by investing in your health.
Keep going—every small, consistent step matters.



with support from Full Plate Living and the Ardmore Institute of Health



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