

Easter TDR survival guide!

As we're approaching Easter and a bank holiday long weekend you might be feeling a little concerned about how best to stay on track with the NHS Type 2 Diabetes Path to Remission Programme. Certainly, the usual Easter treats are yet another temptation. However, it's also a fantastic time to spend with family or friends, simply making the most of the longer daylight hours and warmer spring weather. Being well-prepared and staying focused on your goal of putting your **Diabetes into remission** will pay dividends.



Top tips for a Healthy Easter

1. **If you're in Phase 1**, take advantage of any holiday you have from work or change in your usual routine and take more time to prepare and enjoy your TDR. Refer to page 8 of *Your TDR booklet 'Mixing things up a bit'* and test out some of our recipes. Missing out on an Easter egg? Think about what you can add to your chocolate shake to make it 'eggstra' special. Decorate with a sprig of mint or spice it up with a sprinkle of chilli powder or perhaps a little ground cinnamon or nutmeg! You may also want to change the timings of when you have your TDR products – experiment a little and see what works best for you over the holiday period.



2. **Across all phases** make good use of your Workbook and all the supportive techniques and tips, like the Momenta *High performance toolkit* (see Module 2 in your *App* for digital participants or p88-91 of your in-person Momenta *Phase 1 and 2 Workbook*).

Which cards will you play over Easter?

Will it be:

- Eyes on the Prize?** Keep perspective - remember you're only on TDR for 12 weeks and Easter's only a small part of the whole programme.
- Remind yourself why you started?** And why you're still on the programme.
- Motivation boost?** Remind yourself of your goals.
- Visualise success?** Perhaps try out a technique that's popular with successful athletes. Visualise yourself resisting temptation, drinking your shakes or eating a healthy balanced meal. Then it's much easier to put it into practice!
- Or indeed any of the many other *HPT cards*. Easter might be the right time to enjoy some of our recipes specially designed to support you.





3. **‘Have fun with hydration’** and drink plenty of low calorie soft drinks and water throughout the day and with meals. Try out some of our exciting but simple low calorie drink recipes (Module 1 in your *App* for digital participants or p24-30 of your in-person *Momenta Phase 1 and 2 Workbook*) – surprisingly good alternatives to alcohol and high sugar soft drinks!



4. Encourage your friends and family to support you in whatever way works best for you. You might agree to buy **non-chocolate gifts** or plan social activities to include more games or outdoors activities with less focus on eating and drinking. You could set out an Easter hunt in your garden using toys, balls or other non-food items.

6. You’ve received a number of chocolate eggs? *‘Out of sight’* is very often *‘out of mind’*- so store them in a cupboard you rarely use or freeze some of your spare chocolate. Then you can have a small piece when you choose. Take the same approach to hot cross buns and eat mindfully, savouring in only small amounts.

5. Make the most of the longer daylight hours and arrange a catch-up with friends for a ‘walk and talk’ or a gentle cycle ride. Or simply spend some time with family doing the gardening or playing frisbee in the park.



7. Make good use of your **‘Plan to succeed’** to help you identify and overcome barriers over the holiday period.

