



IRSPT: Introduction – Progress Checklist

Progress Checklist

- Read Learning Objectives
 - Understand what insulin resistance is.
 - Communicate to clients the warning signs of insulin resistance and danger signs.
 - Learn the big picture of restoring insulin resistance -- the steps involved and the overall diet and lifestyle factors that will need to be modified.
- Complete Pre-Test **(for entire program)**
- Work Through Core Content Topics
 - Overview
 - Orientation
- Review Advanced Topics / References
 - [Brain insulin resistance contributes to cognitive decline in Alzheimer's disease](#)
- Complete the Next Steps
 - Take notes as you watch the videos and make a checklist for yourself of the steps involved in testing insulin sensitivity.