

How to Get Support

Family, Friends, and Coworkers

Your family, friends, and coworkers care about you and want you to be well. But they might not understand what you're doing, why you're doing it, or how to support your efforts. It's up to you to tell them. It's important when you approach your family and friends to let them know how your nutrition and activity choices impact your health. Be specific about how you want them to help you through your lifestyle change.

Here are some ways to get family, friends, and coworkers to support your healthy lifestyle:

- Tell them why you are making changes to your lifestyle.
- Explain how they can best support your efforts.
- Give them regular updates on your progress.
- Set family rules.

You can also invite them to:

- Be active with you.
- Plan and shop for healthy meals with you.
- Cook and eat healthy food with you.
- Be an accountability partner (odds are they have goals they are working on too!)

Let them know they hinder your healthy lifestyle when they:

- Buy and cook unhealthy items.
- Complain about the healthy items you buy and cook.
- Criticize you for failing to reach your eating and fitness goals.
- Eat unhealthy items and offer them to you.
- Invite you to do things that involve sitting or lying around.
- Make it hard for you to find time to be active.
- Refuse to do active things with you.
- Tell you you're fine the way you are, and so you don't need to change.
- Shame you for saying no to foods.



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Your family, friends, and coworkers may not know how to support your healthy lifestyle.

- In the left column, write some ways they may get in the way of your healthy lifestyle.
- In the right column, write how you will get their support.

Ways They Hinder My Healthy Lifestyle	How I Will Get Their Support
Example: My husband buys chips.	Example: I'll remind him that I'm trying to eat healthy to prevent type 2 diabetes. I'll ask him to stop buying the chips, leave them at work, or put them out of sight.

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Groups, Classes, and Clubs

Here are some groups, classes, and clubs that could support your healthy lifestyle and ways to find them.

Groups, Classes, and Clubs	Ways to Find Them
Groups <ul style="list-style-type: none">• Online health community• Support group	<ul style="list-style-type: none">• Ask your healthcare provider.• Check with your local library, recreation center, community center, or senior center.• Contact community groups.• Contact your local health department.• Look for postings at your gym.• Look in your community newspaper.• Search online or on social media.• Start your own!
Classes and Clubs <ul style="list-style-type: none">• Healthy eating• Healthy cooking• Healthy meal planning• Fitness• Basketball• Biking• Dancing• Hiking• Martial arts• Running• Soccer• Softball• Walking• Weight-lifting	