

# SESSION 14: Get Support



## Session Focus

Getting support for your healthy lifestyle can help you manage weight.

### This session we will talk about:

How to get support from:

- Family, friends, and coworkers
- Groups, classes, and clubs
- Professionals

### You will also make a new action plan!

## Jim's Story

Jim has made healthy changes in his eating and fitness habits. But he doesn't always get the support he needs from his family, friends, and coworkers.

At home, his kids complain about missing their favorite foods, like pizza and ice cream. His wife resents the time Jim spends working out, instead of being with the family. His mom keeps telling him he's just fine the way he is. And some of his coworkers always put out candy.

Jim asks his family, friends, and coworkers to support his healthy lifestyle. Today, his kids (almost) never complain about the healthy meals.

His wife no longer resents Jim for spending time away from the family to work out. In fact, the two of them go out dancing sometimes. And the whole family plays soccer or tag after dinner.

Jim's mom now praises him for changing his lifestyle. She's thinking about changing hers too. And his coworkers have stopped putting out candy.

Jim has also joined an online health community. He and the other members share tips and cheer each other on. Right now, they're competing to see who can take the most steps each week.

## 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, or why you're doing it. Or they might not know how to support your efforts. It's up to you to tell them.

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

- Tell them why you are trying to lead a healthy lifestyle.
- Ask them nicely to support your efforts.
- Give them regular updates on your progress.
- Set family rules.

#### You could also invite them to:

- Be active with you
- Plan and shop for healthy meals with you
- Cook and eat healthy food with you

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

- In the left column, write some ways they 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
<b>Example:</b> My husband buys chips.	<b>Example:</b> I'll remind him that I'm trying to eat healthy to manage weight. I'll ask him to stop buying the chips, or leave them at work.

## How to Get Support

### 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
<p><b>Groups</b></p> <ul style="list-style-type: none"><li>• Online health community</li><li>• Support group</li></ul>	<ul style="list-style-type: none"><li>• Ask your healthcare provider.</li><li>• Check with your local library, recreation center, community center, or senior center.</li></ul>
<p><b>Classes and Clubs</b></p> <p><b>Healthy eating</b></p> <ul style="list-style-type: none"><li>• Healthy cooking</li><li>• Healthy meal planning</li></ul> <p><b>Fitness</b></p> <ul style="list-style-type: none"><li>• Basketball</li><li>• Biking</li><li>• Dancing</li><li>• Hiking</li><li>• Martial arts</li><li>• Running</li><li>• Soccer</li><li>• Softball</li><li>• Walking</li><li>• Weight-lifting</li></ul>	<ul style="list-style-type: none"><li>• Contact the American Diabetes Association: 800-DIABETES (800-342-2383).</li><li>• Contact community groups.</li><li>• Contact your local health department.</li><li>• Look for postings at your gym.</li><li>• Look in your community newspaper.</li><li>• Search online, or in your phone book.</li><li>• Start your own!</li></ul>

## How to Get Support

### Professionals

Here are some professionals who could support your healthy lifestyle.

- **Lifestyle coaches** can help you adopt and sustain healthy habits.
- **Nutritionists and dietitians** can help you with food and eating concerns.
- **Pharmacists** can talk with you about the effects of medicine.
- **Psychologists and psychotherapists** can help you cope with thoughts, feelings, and behaviors.
- **Recreational therapists** can help you manage daily life and be involved in your community.
- **Social workers** can provide counseling and connect you to services.
- **Trainers and exercise physiologists** can tell you how to move your body in order to be healthy.