

## Strategies For Getting Support from Family and Friends

Still wish your family and/or friends would get on board with your weight loss plan? Convinced they won't, no matter what? Try out the tips below and see if they help to make a difference!

- 1. Be clear and specific about how your friends or family members can help.** Stop and think about what you really want in terms of support, then give specific ideas on how they can help you. Get their input for ideas on ways they can specifically support you.
- 2. Make mealtime changes less about your weight loss goals, and more about upgrading your diet or your family's diet to a healthier way of eating.** To get your children on board, talk with them about the advantages of sports nutrition, brainpower, muscles, and what it means to have the energy to work and play. When talking to your spouse, mention things like aging gracefully, better mood, and more stamina. Ask for their input on ways to eat healthier as a family.
- 3. Do physical activities together a few nights a week.** Ask your friend or family member to try a new fitness class with you, train for an event together, or go for a hike instead of always going out drinking together or going out to eat together. Gather the family (or your friends) for a walk/run on the weekends or right after work.
- 4. Try to recruit a weight loss buddy.** Find a co-worker, friend, neighbor, or family member that is either an avid supporter or who might be in the same boat as you. Just by virtue of being in these, "Fit For Performance Sessions", you are surrounded by people that understand and share some of your same goals – to lose weight, feel better, and look better!
- 5. To avoid temptation in the supermarket, put only the healthiest foods on your shopping list.** Then, ask your spouse and kids to have a "goodie run," where they go to the market once a week and buy their favorite treats. Have them keep their treats in a place you don't go every day –maybe the garage or basement.
- 6. Control portions.** You can make your family high-calorie dinners or desserts, but make only enough for one meal. If there aren't any leftovers, you'll have less temptation!
- 7. Try the 5-2 Plan:** Five days a week, you plan the meals; two days a week, others in the family get to choose where and possibly what to eat. You can compensate by eating smaller portions and not going back for seconds on higher calorie/fat choices. Recommend going out to places that you know there will be healthy options to choose from on the menu.
- 8. Quietly Upgrade the Family's Diet.** Reduce sugar and/or fat in your favorite family recipes. Mix diet soda with regular soda. Incorporate gradual, nearly undetectable changes in your recipes because chances are, your family won't even notice.