



Involving Others in Your Weight Control Program

Support and encouragement from others can help you meet your weight management goals. Find others who believe in you. They can be family, friends, co-workers, clergy, or other regular contacts.



Here are some tips for making that happen:

- Ask others for encouragement. Choose people who will be good cheerleaders.
- Share your successes as well as your struggles with your support team.
- Tell your supporters what they can do to help. Be specific. For example, “Every week or so, ask me how I am doing,” “Ask me to be your walking buddy,” or “Please don’t offer me junk food.”
- Let them know that their support is extremely helpful.
- Tell your advocates that you need encouragement now and in the future. Weight management is a lifelong commitment.
- Start the conversation about your progress.
- Pay it forward. Support others in their efforts to be healthier.

