

Surround Yourself With Support

Asking for Support

Starting a fitness program can be challenging, but gathering support from the people in your life can help keep you going if you fall into a slump. Encouraging words, compliments and feedback can all boost your self-esteem and keep you moving toward your fitness goal. The following are some tips for developing an effective support team:

- Let them know how you would like to be supported and how often.
- Ask for feedback and praise.
- Suggest that family or friend gatherings include physical activity, such as hiking, bicycling, volleyball, kayaking, softball, etc.
- Ask them to join you when you exercise.
- If you are part of a regular sports team, ask a support person if they would like to join the team or come to watch you play.
- Include a variety of people on your support team: family, friends, co-workers, health club trainers or members, medical staff, health coaches, and walking or sports club members.



Self-Support

While having supportive people in your life is important, remember that you are the best person to keep yourself motivated. You are the only one accountable for your actions and only you can follow-through with them. You can keep yourself thinking positively about your behavior changes and the choices you make by following these tips:

- Practice positive self-talk when excuses and discouragement set in.
- Compliment yourself daily on your achievements, positive attitude and self-confidence.
- Monitor your progress by keeping a log of your physical activity.
- Reward yourself when you reach certain milestones.
- Remind yourself of the positive lifestyle changes you've been making and how they are beneficial to your health.
- Set realistic goals.
- Practice self-imagery, such as picturing yourself living an active lifestyle.
- List your life priorities and arrange your schedule so that physical fitness fits in with your priorities.
- Manage your time and have back-up plans for fitting in exercise.
- Thank others for their support and encouragement.

Having a support team and keeping a positive attitude can help you stay motivated, keep you focused on your fitness goals and support your choice to live a healthy lifestyle.



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