

# Involving Others in Your Weight Control Program

One of the most powerful things you can do to help with your weight management efforts is to get support and encouragement from other people. When others give you lots of encouragement, it makes you feel like you can do anything!! It's really motivating!

## Here are some tips for making that happen:

- ASK others for encouragement in your weight control efforts. Ask key people who you know will be positive and supportive.
- Share your concerns and struggles with your key supporters.
- Tell your key supporters what they can do to help. Be specific. For example "Ask me how I am doing, and then listen," or "Please don't offer me junk food."
- Let them know that their support is extremely meaningful to you and that you need their encouragement for the long run.
- Even if a support person fails to ask how you are doing, go ahead and tell them! This starts the conversation and provides the opportunity to get some encouragement.
- Give back in return. Reward your support people with your attention and your support for them.

