

# Get support



Who supports you when you're trying to manage your weight? Asking for support can be hard, but it's necessary for your success. Knowing that people are cheering you on and believe in you can be the boost you need. Sometimes, though, your loved ones don't know how to support you. They can't read your mind. Make your loved ones aware of your goals, your challenges, and how you need help.

## Ways to ask for support

Common scenarios	How to ask for support
My partner cooks delicious meals every night, but they aren't very good for you.	Look for some better-for-you recipe ideas and suggest trying new recipes together.
My friends make me feel guilty for trying to go to the gym instead of going out.	Invite them to join you or find activities that you can do together.
My roommate eats junk food every night when we are watching TV. It makes me want junk food, too.	Be prepared with a better-for-you snack of your own. Maybe offer to share yours. Even better—limit TV watching and find something more active to do.
My spouse loves to bake so there are always sweets around. I feel bad if I don't eat them.	Try one. Then suggest that you bring some to the neighbors or to the office.
My family doesn't think I need to make a change. They just don't understand why I want to lose weight.	Be firm in explaining that your goals are important to you and that you would love to have their support.
My kids complain that I don't buy their favorite snacks anymore.	Explain the importance of good for you foods, and get them to help shop and prepare snacks. Include treats on special occasions.
<b>What scenarios are common in your life?</b>	<b>How can you ask for support?</b>

Still not feeling supported? Find other sources of support, like co-workers, weight loss programs, online groups, or a health coach.

## Next step

Who do you need to support you?

How will you get support?