

Transcript

When you are making changes to long-term habits, try to find support from others to help you stay motivated and reach your goals. It's not easy to make changes alone. And you don't have to.

Most people are trying to make positive changes to their lifestyle even if they don't look like it. Together, you can support each other as you work toward your goals.

Support can ease the burden of lifestyle changes and help reduce any frustration, stress, depression, or anxiety you may be feeling. You can find support in many places.

"My wife is very creative in finding ways to make wonderful, new innovative dishes for me all the time. I really don't even have to think about eating healthy because of the fact that it just appears."

"We try to eat dinner together as often as we can. I think it's important to sit down and enjoy a meal together and have that time together at some point in the day."

"My husband Josh and I are both very active and I know Johanna looks up to that because she sees Daddy working out in the garage and her biggest thing is she likes to go with Dad and try to do pull-ups and I think part of that is seeing us and she just loves to stay active as well."

In addition to family and friends, community groups can be a great source of support. For example, if you are trying to lose weight, there are many community groups that you can join to share your experiences. Talking with other people trying to make some of the same changes you are making can give you new ideas and will encourage you to keep making healthy choices.

"I do try to share some of what I know about making healthy foods taste better with pretty much everyone I know because I want people to see that just because it's healthy, doesn't mean it tastes bad."

"With community walks, with running groups, with fitness classes, with different fun activities, different sports that go on around the community, my desire is to create the avenue for each and every person to say 'Oh, this is the avenue where I can get the physical exercise, and also encouragement in my nutrition.'"

"It was mostly helpful just to have those people there that were also trying to quit and we kind of supported each other. And you know, each week we would talk about our progress and that was very helpful. I felt like I had a support network and I didn't have to do it alone."

You may not even have to go far from home to get community support. Online social networks can help you get positive feedback and stay motivated. Just make sure all your outlets and contacts are adding positivity to your journey to better health. Don't let the negative creep in and get you off track!

Professionals may also be a great resource. If you have been trying to add exercise to your daily routine and are finding it difficult, you may want to hire a personal trainer. A personal trainer can

help you reach your exercise goals safely. Sharing a personal trainer with a friend can be a way of reducing the expense and ensures you have a buddy to workout with.

Maybe you would find a nutritionist helpful when making healthy food choices. Grocery stores and hospitals often have dietitians available for free nutrition assessments. Or a counsellor may be a great option when trying to quit smoking.

And finally, remember, members of your healthcare team are there to help too. If you haven't had a routine physical in a while, make an appointment and see how you are doing. Your healthcare provider can help measure the positive changes you can't see, with tests that show you how you are lowering your risk for some health conditions. Tell your healthcare provider about the challenges you are facing and the concerns you have. Your healthcare team is a great resource to help you each step of the way.

Take some time now to think of your own sources of support and reach out to them.