

Healthy Surroundings

Your physical, social and mental “environments” help make healthy choices the easier choices.

When aiming to reach and keep a healthy weight, try to create environments that support your healthy choices.

- Physical environment
examples: keep healthy foods on hand, use phone notifications to remind you to be active.
- Social environment
examples: eat healthy foods with family and friends, be active as a family or as part of a social gathering.
- Emotional environment
examples: When you face a challenge or setback, show self-compassion by saying kind things to yourself and disputing negative thoughts.

