



# Lean on Friends for **WEIGHT LOSS SUPPORT**

FIND A FRIEND OR A ROOM FULL OF OTHERS ON SIMILAR PATHS

Getting support as you change lifestyle habits is important. It could be from a buddy who will listen to your woes, applaud your successes, and help you stay on track. Or you could find the support you need in a group program where others' successes inspire and motivate you.

## FRIENDS DON'T LET FRIENDS EAT JUNK

It's okay to be choosy. While your best friend might be great for laughs, if she's a junk food junkie without weight issues, her own eating habits could rub off on you. Spend more time with a friend who is on a similar weight loss path or supports your efforts. If you don't know anyone, find an online buddy in a weight-loss chat room or join a local weight loss support group.

## USE COMMON SENSE FOR FEE-BASED PROGRAMS

Find out what you are paying for. One-on-one counseling? Group sessions? Medication? Pre-packaged foods and/or supplements that promise to speed up metabolism. Make sure the program you choose fits in with your budget, your lifestyle, and your personal goals.

### QUESTIONS TO ASK

- Is a medical doctor on staff? Does the program have certified professionals, such as registered dietitians and exercise physiologists?
- Do I have one-on-one counseling?
- Do I attend group meetings?
- Will I have to buy special foods and/or supplements?
- Is there a start-up fee and/or membership fees?
- What is the average cost per month?
- How will I get help to make healthy behavior changes?
- How much weight does the average member lose and how long does he or she keep the weight off?

### Action Step

Don't keep your weight loss goals a secret. Post it on Facebook. Tweet it. Sharing will give you that push to stay on track and provide some much needed encouragement when you feel like quitting.