

# Fit & Lean in 2014

## 7.1: Support Tips

Some people do better in a team environment and some people do better working individually but when it comes to adopting a healthy lifestyle and achieving our goals, we ALL need support in one way or another.

### Tips for Getting Your Family on Board:

1. Ask each member of your family to make a list of their **favourite treats**. Then pick those that you like the least and allow only those to be kept in the house. You won't be tempted and they won't feel deprived!
2. **Be a little sneaky!** Add shredded veggies to sauces, add cauliflower to mashed potatoes, water down the orange juice, use the recipe swaps we discussed last week to make recipes healthier! Go for gradual changes so as to not overwhelm them - and mum's the word!
3. **Try the 5-2 plan.** Five days a week, you plan the meals and 2 days a week, the rest of the family can choose what and where to eat. You can make healthier choices while out with them (salad with dressing on the side) or choose to limit your portions more carefully.



### Tips for Going it Alone:

What if you're having trouble getting people on board? What if you live alone or your friends are too busy or live too far away? The good news is that you don't need anyone but yourself to succeed! Sure, it's great to have people supporting you and cheering you on but the real control is in your own hands. You have the power to do this on your own!

*In other good news* - it's the age of the internet and support is only the click of a mouse away! There are plenty of great websites out there where you can interact with other people who are trying to live healthy and lose weight. Join an online support group, sign up to a message board, or follow people on their own health journeys on YouTube or Twitter!

The options for support continue to grow - and don't forget that your EWSNetwork consultant is also here to support & encourage you! We want you to succeed and are happy to help you with answers to your questions and personalized suggestions.

