



Weight Loss: Get support from those around you

Examples of social support

To work out your social support, you should write down who you think would be able to help you reach your weight loss goals and, most importantly, how (possible ways to help) you think they could help you.

Here are few examples of how social support may help you when your overall goal relates to weight loss.

If you haven't yet set an overall goal or some specific action plans, you can do so using our [goal setting and action planning tool](#).

Who: Wife/Partner (Victoria)

How: To not load up my plate with big portions at teatime

Who: Friend (Sophie)

How: When I say I am losing motivation with my weight loss, support and remind me of my reasons for wanting to lose weight and to reassure me I am making a choice that is good for me.

Who: Work colleague (Richard)

How: To help me find information and advice for how I can continue to work towards my goal

You should speak to the people you choose to nominate about how they can provide the support to you in the ways you suggest in your plan.

Set your social support

Start by working out who your social support is and how they can help you. You can create as many as you feel would be helpful.

My social support:

Who:

How will they help me:

Who:

How will they help me:

Who:

How will they help me: