



Physical Activity: Get support to be more active



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 physical activity 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 being more physically active.

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: Partner (Carol) my usual aerobics class is cancelled

How: To go for a walk with me every weekday night rather than stay in and watch TV in the evening

Who: Friend (Christine)

How: When I feel too tired to exercise, text Christine, who'll reply with supportive messages about my reasons for wanting to be more active

Who: Work colleague (Tom)

How: Once a week, Tom will help me with an internet search to find local activity classes so I can continue to reach 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: