



► A "supportive environment" for weight loss goals refers to a surrounding where individuals feel encouraged, motivated, and have the necessary tools and people around them to consistently work towards their weight loss objectives, often including family, friends, healthcare providers, and communities that actively promote healthy habits and positive Supportive environment reinforcement. ► Includes supportive relationships ▶ You may be anxious to tell people you're working on losing weight. But, by keeping quiet and not telling them what kind of support you want, they won't know how they can help.

Open communication: Key aspects of a supportive environment for weight loss goals: Community support groups:

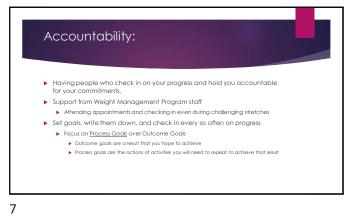
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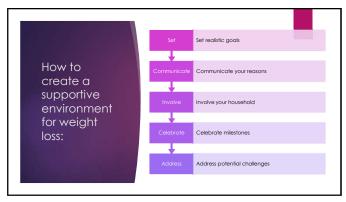
▶ Family and friends who incorporate healthy eating and exercise routines together may aid in developing lifestyle changes. ➤ Team up with a friend, family member, coworker, neighbor, etc., interested in health and physical activity. Shared healthy ▶ Examples of Sharing Healthy Habits habits: ► Create healthy competition (focus more on process vs outcome) ▶ Exercise a team effort ► Cook and eat together / share recipes if long-distance

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Community Support: Joining a weight loss group or online forum to connect with others facing similar challenges and share experiences (like this one!) Find a weight loss role model to inspire you and keep you on track. Social Media Groups Do proceed with caution on these gro professionals only

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► Establish achievable targets that align with your lifestyle and health conditions. ▶ Set Process Goals ▶ This will help you achieve your outcome goals in a more systematic way Set realistic ▶ Okay to have an overarching outcome goal as this can be motivating and provide direction, but it can also be overwhelming and goals: out of your control. ▶ Realistic goal example: lose 10 pounds in 3 months by exercising 3 times a week and hitting minimum protein goal

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