

Week 14: Get Support

Get Support from Family and Friends

How could you get family and friends to support your healthy lifestyle?

- Share facts about type 2 diabetes and how to prevent it
- Tell them why you are trying to lead a healthy lifestyle
- Ask them nicely to support your efforts
- Give them regular updates on your progress
- Set family rules

You could also invite them to:

- Be active with you
- Plan and shop for healthy meals with you
- Cook and eat healthy food with you

How to Get Support from Family and Friends

Ways They Hinder My Healthy Lifestyle	How I Will Get Their Support
Example: My mom buys chips.	Example: I'll remind her that I am trying to eat healthy to prevent type 2 diabetes. I'll ask her to stop buying the chips, or keep them in a separate space in the kitchen.



Get Support from Groups, Classes, and Clubs

What are some classes and clubs that could support your healthy eating habits?

- Healthy cooking
- Healthy meal planning
- Gardening club

And what are some classes and clubs that could support your healthy fitness habits?

- Dancing
- Softball
- Walking

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Get Support from Professionals

- **Endocrinologists** are doctors who specialize in diabetes. They can help you with the medical side of diabetes.
- **Lifestyle coaches** can help you adopt and sustain healthy habits.
- **Nutritionists** and **dietitians** can help you with food and eating concerns.
- **Pharmacists** can talk with you about the effects of medicine.
- Your **primary care provider** is likely the person who told you about being at risk for type 2 diabetes. He or she can help you learn about how to prevent this disease and refer you to other professionals.
- **Psychologists** and **psychotherapists** can help you cope with thoughts, feelings, and behaviors.
- **Recreational therapists** can help you manage daily life and be involved in your community.
- **Social workers** can provide counseling and connect you to services.
- **Trainers** and **exercise physiologists** can tell you how to move your body in order to be healthy.