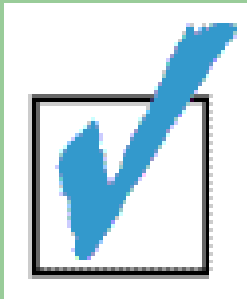


Strengthening Your Support Team

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for
Success in Health
Management

By: James J. Messina, Ph.D.





Instruct Your Team

- Tell them what led you to desire your change of lifestyle
- Tell them what has happened to make you make this decision for a radical change in your life
- Tell them stuff which you want them to remind you of if you want to waver, slip back or relapse



Reveal your goals to your team

- Tell them what health goals you want to be by what time
- Tell them how you plan on maintaining your health goals
- Tell them what exercise and eating program you want to have fully implemented by when



Enlist your team's help & support

- Be specific what you need from each one of them
- Be clear what you want and need to hear from them and what you do not want and do not need to hear from them
- Be clear what you want and need them to do or not do for you in your new lifestyle



Ask your team to recognize this is a lifestyle change not just some fad

- Ask your team not to judge you for past failed attempts at being healthy
- Be clear this is no fad program of change, no quick impulse, no fantasy
- Be clear that this is a change in lifestyle, a change in way you relate to your health with a change in the amount of structure, exercise and health eating you will put in your life



Get your team to remember your three goals

- Increase in Health – how you will be preventing diseases in your life
- Increase in Happiness – how your self-concept & self-image will improve
- Increase in Energy – from improving health and a healthy life style which includes right amount of sleep, health eating and healthy physical activity