

SOCIAL SUPPORT

You are more likely to be successful if friends, family & co-workers are supportive

Social support is an important ingredient in the behaviour change process



Social support can occur in many forms. It may be nothing more than encouragement and reinforcement of your attempts to change your habits.

WHO COULD YOU RECEIVE SOCIAL SUPPORT FROM?



Spouse/
Partner

Children

Friends/
Neighbours

Role Model
for Exercise

Who do you feel is providing you with social support for engaging in positive lifestyle behaviour change?

What kinds of social support do they provide to help you make your lifestyle changes?

How do your supporters help/support you with your lifestyle changes?

Who are your physical activity role models?

How could you improve your support system to help you regularly engage in physical activity?