



Buddy Up

If you find it difficult to start up a physical activity routine or keep going on your current routine, try adding some social support. Social support is a network of people who can help you achieve your goals, and many studies show that having social support is related to keeping going with your physical activity to make it a regular part of your day. These studies also show that social support increases the amount of weight loss and the ability to keep weight off. Co-workers are great sources of support, so try teaming up at work to increase your physical activity.



Social support can:

- Make physical activity more fun.
- Increase your confidence in doing physical activity.
- Keep you motivated.
- Support you in overcoming barriers to physical activity.

Here are some tips for getting started:

- Join an exercise group or class. Bring a coworker along for even more support.
- Ask your co-workers to support your efforts of increasing physical activity.
- Ask a friend from work to teach you a new skill or sport.
- Use your break to walk with a co-worker. Look for co-workers with similar activity levels.
- Ask your coworkers to hold meetings while taking a walk.
- Ask your company to offer on-site classes or discounted gym memberships. Invite your coworkers to join you.
- Have a back-up plan for when co-workers can't join.
- Start a walking group at work.
- Try a new sport or activity and invite a friend from work to come along.
- Ask co-workers to join you for a walk to a park for lunch.
- Develop friendships at work with people who are physically active. Join them in their activities.

Don't forget to foster social support at home as well. Ask friends and family outside of work to join in your physical activity efforts. You will benefit, and so will they.

Source: United States Department of Health and Human Services. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity: www.doityourself.com