

Showing Your Support For A Loved One Who Is Trying To Be Healthier

Description

Whether it's your partner, friends, or family, you want them to live strong and healthy lives. So, when someone that you care for tells you that they are ready to make [positive health changes](#), you may find it hard not to bombard them with advice, however, telling them what they should eat, drink, and do make not be the best way for them to navigate their changes.



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Your support in helping them achieve their goals shouldn't be underestimated, but it is definitely more than just advice and to do's. Whether it is choosing to attend one of the [American Addiction Centers](#) or make changes with the amount of exercise they do, it is shown that people stick to healthier changes when they have a good support group.

How Can You Help?

A great way to help, over recommending food they should eat, is to prepare some ready-made meals for them to try. You will find that they react more positively to something like this over being told what to eat, it offers them a chance to try something new.

You could also ask them why they are making the changes, and what they want to achieve, this way you know what to expect and won't get carried away or put them off when they are just starting their journey.

Rather than saying what they should and shouldn't do, try showing them how to set and track goals that can achieve, and don't make them all about a number on the scale. Although it can be hard to

break the habit, health isn't all about the number on the scale. Maybe ["I want to be able to run 5k by the summer"](#) is a better goal than "I want to lose 10lbs".

Ask Them What Support They Need

You may think that your friend wants to hear all the advice you have to offer, or every new recipe thrown their way, however, in reality, they just want someone to go on a cycle with or a walk around the block at lunch.

Rather than jump to the conclusion that they need all your hints and tips, ask them what they need to help them get to where they need to be. And then listen to it.

Offer To Help With Cooking Or Meal-Planning

It is far easier to make good, [healthy choices](#) when you can open your fridge and it is full of nutritious choices. However, planning your meals for a week requires some time and effort. One of the easiest ways to make sure you are ready for a healthier lifestyle is to meal prep so you can grab and go if you need to. It helps to prevent you from grabbing the wrong foods. Offering to help with the food planning, going shopping with them, or preparing some meals could be just what they need to get started and in the swing of things.

These are just three of the ways you can offer your support to a loved one who is making healthier choices and changes. Do you have any other ways you can show your support? Please share them in the comments below.

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