

Take Advantage Of All Your Resources



There are many resources in your community that can help you maintain an active lifestyle. Getting to know these helpful resources can make it easier to stay healthy.

Tips to help you find resources in your community

Go out and walk around. Use the Internet or the phone book. Talk to friends. Look for:

- ▶ Walking or physical activity clubs
- ▶ Community or YMCA physical activity programs
- ▶ Weight-loss campaigns or group challenges
- ▶ Weight-loss support groups at schools, churches, or community centers
- ▶ Grocery stores with a good selection of fresh fruits and vegetables
- ▶ Farmers' markets and fruit stands
- ▶ Restaurants that serve healthy foods
- ▶ Local libraries—they have lots of books, magazines, and community postings
- ▶ Newspapers and magazines with inspirational stories about people who have lost weight
- ▶ Pamphlets with tips and information from health organizations

Start your own support group

- ▶ Recruit 2 or 3 friends. Giving them support makes it more likely they will support you too.
- ▶ Explain the goal: to help each other manage weight, get physical activity, and be healthy.
- ▶ Find a regular time to meet each week.
- ▶ Exchange healthy recipes or plan a weekly, healthy meal together.
- ▶ Plan walks and other physical activities. Or, join a physical activity program together.
- ▶ Praise and encourage one another.
- ▶ Share personal goals and tips about health and weight.
- ▶ Talk about barriers and how to solve them.

Additional resources

- ▶ Exploring Interests and Activities: LC 12
- ▶ Go Beyond Your Comfort Zone: LM 6
- ▶ All You Need to Know About Fad Diets: LM 10

Suggested activity

Start a list of community resources. Also, check with your PAL for a list he may already have. Make a plan to use at least 3 of these resources in the next month. Go over your plan with your parents and your PAL.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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Especially for the Family Support Person

What can I do to help her use her resources?

- ▶ Challenge her to make a list of all the resources in her community.
- ▶ Make your own list. Compare it to hers.
- ▶ Suggest a few activities she may not have thought of. For example:
 - ▶ Community centers with support groups or activity programs
 - ▶ Farmers' markets that sell fresh produce
 - ▶ Starting her own vegetable garden
 - ▶ Starting a support group. This will give her a chance to feel good about helping others and get more support for herself.
- ▶ Offer to buy athletic gear, clothes, or shoes that she will need.
- ▶ Offer to do activities with her, or provide transportation to activities.
- ▶ Problem-solve together about barriers that come up.
- ▶ Encourage her to make her own plan.
- ▶ Put your own plan to work. Talk to her about your progress. Tell her about barriers you face, and explain how you are dealing with them.
- ▶ Be sure to talk to your doctor if you plan to participate in a new physical activity.

What should we keep in mind when we look at a new resource? Ask:

- ▶ How much has it helped people in the past?
- ▶ How much have people enjoyed it?
- ▶ How much does it cost?
- ▶ What are its safety practices and training program?

Additional resources

- ▶ Supporting Your Child in New Activities: Magnetic Memo 5
- ▶ Go Beyond Your Comfort Zone: LM 6
- ▶ All You Need to Know About Fad Diets: LM 10

Suggested activity

Work together to make a list of helpful community resources. Check with your PAL for a list he may already have. Help her make a plan to use at least 3 new resources. Follow up on her progress and follow through on your plan to help.

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