



## Ask for Support

Your family, friends and co-workers may not know how to support your healthy lifestyle.  
But you can help them learn how.

**1. In the left column, write some ways they make it hard to live a healthy lifestyle.**

**2. In the right column, write how you will get their support.**

Ways They Hinder My Healthy Lifestyle	How I Will Get Their Support
<b>Example:</b> My husband buys chips.	<b>Example:</b> I'll remind him that I'm trying to eat healthy to prevent Type 2 diabetes. I'll ask him to stop buying the chips or leave them at work, and suggest healthy alternatives we can both eat.