



MHealthy Nutrition:

SUPPORTS & RESOURCES



Supports and resources can come in many forms.

SOME EXAMPLES ARE:

- **Emotional Supports:** Close relationships that provide a sense of security and well-being.
- **Listener Supports:** People you can confide in, those who listen well, provide feedback, and help you problem solve, etc.
- **Motivational Supports:** Relationships that encourage you to succeed with your specific health behavior goals.
- **Activity Supports:** People who are able/willing to join you in pursuing healthy eating and fitness activities.
- **Tangible Supports:** People who can help you out with your work, childcare, transportation, etc. when you need a hand.
- **Resource Supports:** Things like exercise equipment, warm clothes, available healthy meals & snacks, etc.

SUPPORTS & RESOURCES CAN BE IN MANY PLACES:

- Family members and housemates
- Extended family
- Friends
- Work colleagues
- Neighbors
- At your church
- In your community

EXERCISE: IDENTIFYING AND BUILDING SUPPORTS

Start with a list of supports you are using now. How is each person or resource helping you meet your goals?

Next, list the supports and resources you have available but are not using. How might you enlist that person to help, or use that resource to help you meet your goals?

There are times when we may not have enough, or the right kind of supports and resources, available to us. Can you identify one or two supports or resources that you can develop to help you with your goals for a healthy lifestyle?

SUPPORTS I HAVE NOW	SUPPORTS I HAVE AVAILABLE BUT AM NOT USING	SUPPORTS I CAN BEGIN TO BUILD