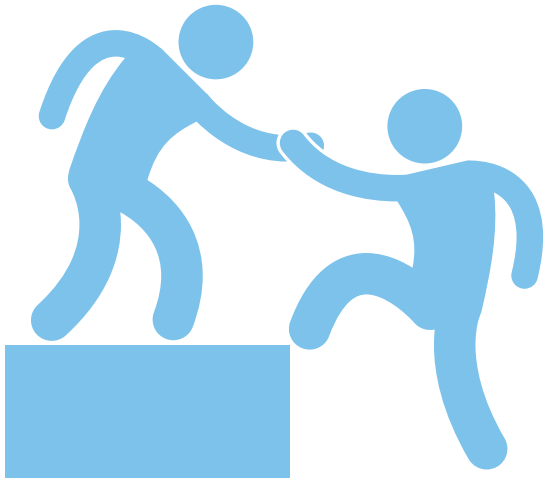


Building in social support with family, friends, or teammates can improve success in meeting health goals. Research shows having social support can be beneficial to our physical and mental health. Having friends who are working toward a similar goal can help you to make healthy choices.

Working toward a goal with someone can increase the likelihood you'll continue, can provide accountability, and can help to be supportive emotionally.



### Examples of social support:

- walking the dog with your brother every day after school
- planning meals as a family and taking turns cooking
- riding your bike to school with a friend
- joining a dance class
- checking in with your health coach

### Cultivating social support

- Join a sport, class, or team (dance, soccer, gymnastics, karate, swim, cooking, etc.)
- Ask a friend to join you for your exercise habit
- Talk with your family about ways you can support each other in working toward health goals.



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group