



SUPPORTING YOUR LOVED ONE'S WEIGHT LOSS

How to Help

Encourage, do not instruct

Be a supportive figure by helping your loved one celebrate their progress in a healthy way. However, avoid pointing out goals they did not meet, steps they are not taking, or other flaws in their weight loss journey

Show them you care

Some people who struggle with their weight have low self-esteem, even if they do not express this. Let your loved one know that you care and accept them for who they are. If they mention external reasons for weight loss, direct their focus to personal goals. Encourage them to work toward weight loss to benefit their physical and emotional health.

Offer your time

Instead of going to dinner with your loved one, suggest a hike, fitness class, massage, or relaxing getaway. Focus on activities that are not centered around food, but let your loved one choose.



Helping Your Loved One

Don't focus on numbers

Rather than complimenting your loved one on shedding pounds, celebrate accomplishments such as getting stronger, taking care of their body, and being more active. This will help them prioritize their health rather than solely weight loss.

Help with long-term goals

One of the most difficult parts of weight loss is remembering that results do not occur immediately. Encourage your loved one to focus on positive behavior changes and milestones. If you demonstrate patience, this will help your loved one remain motivated to continue working hard.

Learn about their regimen

Talk with your loved one about their favorite healthy recipes, preferred workouts, and self-care routine. This will help you understand their path to weight loss and how you can play a role.

Allow them to vent

Everyone makes mistakes. Allow your loved one to speak openly about setbacks in their weight loss journey without receiving judgment.