Social support is a key factor in adopting and maintaining an active lifestyle. We have already discussed support in the workplace, so this week’s newsletter will focus on support from those closest to you: your friends and family. Here are a few ideas for making physical activity the norm in your social circles:

- Identify a few specific times each week when you can go for a walk as a family. Make it part of your regular routine: Every Monday after dinner, and every Saturday morning, we go for a walk.
- Talk to your spouse or partner about what kind of support you need. Do you want him/her to exercise with you? To get the kids ready for school so you can exercise in the morning? To make dinner on Tuesdays and Thursdays so you can exercise after work? The more specific you can be about how you’ll help each other, the better.
- If you live far from friends and family, start a Fitbit challenge and invite them to join – you can encourage each other virtually.
- Instead of meeting friends for a meal, propose meeting up for an afternoon hike, a bike ride, or an activity like bowling or mini golf.
- Join in the action when your kids are playing in the yard or at the park. Design an obstacle course together, then time each other to see who can complete it the fastest.