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# COMMUNICATING YOUR NEEDS WITH LOVED ONES

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When I first decided to dedicate time to get healthy I was met with resistance. It felt like family and friends were trying to sabotage me.

- It's just one bite. It won't ruin your nutrition plan
- You've been working out a ton. Just take tomorrow off, you can miss a day.
- I like the way you are. Why are you trying to change?
- Come on, stay out late tonight and grab drinks with us.
- Justin can't eat that. He's not allowed to.

I had to remind myself that their intentions were good or in good fun. When you're making changes in your life you're also asking those closet to you to change. Familiarity is safe and secure and when you shake things up it can be uncomfortable and confusing for those that care about you.

## HERE'S WHAT YOU CAN DO:

- **COMMUNICATE HOW IMPORTANT THIS IS TO YOU:** Express that the changes you're making will help you become the best version of yourself not only for you but for them as well. Provide examples like you'll have more confidence to go to the beach with them, try new things like hiking and rock climbing, and feel sexier in your own skin for those (keeping it PG) intimate moments.
- **ASK FOR THEIR SUPPORT:** I'm often surprised by how few people actually ask for the support of those closet to them. You may be met with a little resistance at first but eventually people will catch on, as long as your persistent.
  - Let co-workers know about the healthy lifestyle changes that you're trying to make and that you'd appreciate it if they helped you along the way by keeping certain foods hidden.
  - Ask your kids to pitch in around the house because Mom or Dad needs a little more time to prep foods and get in workouts.
  - Ask your friends if they wouldn't mind not pressuring you to stay out late or grab drinks while you're together.



- **DO IT TOGETHER:** See if anyone wants to join you. They may not eventually but keep asking every month or so to see if anyone would be interested in going for a hike, getting in a workout together, or grabbing a healthy lunch.

This is such a boss way to bond with friends, family, significant others, and your kids. Include them in what you're doing and let them know that you'd love for them to join you. In fact, families that eat dinners together have been shown to be less likely to be overweight, develop diseases, and are more likely to choose more nutrient dense/real food.

- **LEAD BY EXAMPLE:** Let your results speak for themselves. Once you start proving what you're doing is working I can almost guarantee that people will want to know what you're doing. Take regular measurements, photos, and log workouts so you can share.

When Ami dropped 30 pounds, everyone wanted to know how he did it. Now he's sharing his success with everyone at work, showing them workouts they can do during breaks, and taking everyone out for healthy meals.

- **KEEP LEARNING:** You may be letting your results speak for themselves but there are some that will still meet you with hefty resistance.
  - Crossfit is dangerous.
  - The Paleo Diet leads to high cholesterol.
  - I heard that this and that were bad for you.

The best thing you can do is to keep learning. Read books like this and this. If someone hits you with something that you're not sure how to answer tell them you're not sure about it but you'll be doing some research on it. Go learn it up and have an awesome conversation after you've gained some knowledge.

- **FRIENDS:**

With friends it's important reassure them that they're not losing you as a friend. Try your best not to cancel dates, events, and plans. Instead suggest alternatives that will allow you to practice your healthy habits.

If that doesn't work you can always go and still enjoy their company without the drinks, food, etc... that may not fall in line with your new lifestyle.



- **SIGNIFICANT OTHER:**

Chances are they won't understand your need to change. They most likely love you and will always love you just as you are. Let them know that this has everything to do with you. Explain how you feel you'll be a better spouse, mother/father, lover, etc. If you take better care of yourself.

Most importantly, ask for their help. Let them know that you'll need their support. Explain to them that it will not affect the relationship that you have.

- **KIDS:**

Invite them to participate as often as you can. Also, let them know that you feel taking better care of your health will make you a better parent. More enthusiastic, energy, confidence, and a longer life.

Sit down together and discuss ways they can help you succeed. Taking the bus or getting a ride from someone else to practice is an example.

Most important is to involve them in your process.

