



# 9-Buddy Up

Year of Being Well

## Make Friends and Buddy up

Nutrition and fitness buddies can help you become more health conscious and encourage you to stick to your routine. Research shows that this is even true for kids: They tend to eat better and be more physically active if their best friends are, too. It also shows that people may be more successful losing weight through physical activity when they have partners or buddies.



Buddies can be family members, friends, or co-workers. Find someone you enjoy spending time with and commit to being more active and practicing healthy habits. Ideally, you'll find someone who has similar goals as you so you can truly motivate and challenge each other. Eating better and being active with a friend makes it more fun! – Susan Dell

### Quick Tips:

- Find a buddy: eating better and being active with a friend makes it more fun and helps you stick to your goals.
- Challenge a friend to meet you at the grocery store, a local park, trail or even the mall (to walk) for a healthy outing.
- Have a backup plan in case you're not able to meet with your partner.
- Get involved in after school sports or other physical activities. The more involved you are the more fun you will have.

### Did you know:

Your chance of becoming obese increases 171 percent if a close friend is obese.

*-Behavioral Diabetes Institute*

27 percent of young Americans are too overweight to serve in the U.S. military.

*-American Heart Association*

#### Important tips:

- Small steps can have a big impact
- Choose one or two steps to begin each month

Find more information at [www.BeWellBook.org](http://www.BeWellBook.org)

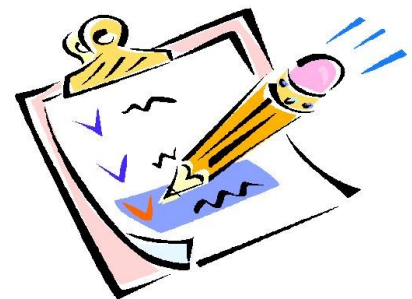
# Let's make a plan

Name: \_\_\_\_\_

Period: \_\_\_\_\_

Date: \_\_\_\_\_

Goal	How are you going to reach that goal?



## Reflection Questions

Do you have any say in what food is purchased for your family? \_\_\_\_\_

\_\_\_\_\_

What physical activities could you do with your buddy? \_\_\_\_\_

\_\_\_\_\_

How could you convince your friends to eat healthier food/snacks when you are hanging out? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_