

# Be a Successful Changer, Part 2

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## Source 3. Turn Accomplices Into Friends

There's no denying that peer pressure can drive us to do things that can be both good or bad for us. In fact, one study found that people with obese friends are 57% more likely to become obese themselves. The difference between a "friend" and an "accomplice" is that a friend helps us start good habits and stop bad ones whereas an accomplice does the opposite. So go down your list of family members, friends and colleagues to see which category each fall under and figure out how you can turn your accomplices into your friends.

## Source 4. Get A Coach Or Mentor

We can all use a little help at times and most successful people credit their successes to having a mentor or coach that helped guide them along the way. A coach or mentor can provide us with the accountability, resources and help we need to succeed.

Both sources 3 and 4 are about surrounding ourselves with the right people that will enable and reinforce our positive changes. It may also mean that we have to change the nature of some of our friendships and relationships for us to stay on the right path long term. For example, one of my clients told me that she tends to make poor food choices whenever she gets together with this one friend of hers. In essence, they are eating buddies. The only way she can break this pattern is perhaps to ask her friend for help and build a new friendship that is not based on food. Instead of not going out with her friend, maybe they now need to make plans to go for walks, treat themselves to the spa or meet for a coffee. This change will benefit both my client and her friend in the long run.

## Source 5. Reward Small Successes And Put Something At Risk

One study showed that recovering cocaine addicts had a 23% higher adherence rate to their medical regimen when rewarded with a small gift certificate

each week they passed a drug test. So go ahead and treat yourself to something small for each week you kept a food log or met your activity goal instead of waiting until you reach some big weight loss milestone.

Another way is to put something at risk for not keeping your commitment. For example, to avoid regaining the weight you worked so hard to lose, donate all your oversized clothes and buy new ones. Now if you regain the weight, you will have to spend money to replace your wardrobe again except this time the shopping trip won't be nearly as fun.

## Source 6. Control Your Space

Besides the people, the environment you surround yourself in is also critical to your behaviors. For instance, one study found that people on average eat 92% of whatever it is that they put on their plate, regardless of plate size. So simply by switching out a 12-inch plate with a 9-inch one, you may end up eating 33% fewer calories.

## Big Idea 4. Turn Bad Days Into Good Data

This basically reminds us that we must learn from our mistakes and failures. When we fail, we can either spend time beating ourselves up or we can use our mistakes as lessons to guide us towards future success.

Thomas A. Edison summed it up eloquently, "Many of life's failures are people who did not realize how close they were to success when they gave up."

## Reference

Nelson, S. 2013. Help Your Clients to Achieve Greatness. IDEA Fitness Journal, 10(7).