

## **Don't do it alone! Dieting with a circle of support.**

United we stand divided we fall works successfully when applied with all group efforts.

A friend of mine has been having a difficult time sticking to a diet plan. So when the going gets tough the tough get going and she called upon reinforcements. She has recruited her co workers in the same fight they all have trouble winning.

I really feel this is a terrific formula for success. Unlike dieting alone everyone provides each other with daily emotional support during their moments of weakness and most of us know when dieting this is a frequent occurrence.

At work everyone keeps a watchful eye on the other to keep them honest and ensure they don't stray. An extremely helpful strategy is that everyone contributes by cooking or bringing healthy foods and snacks for the day instead of an individual preparing all their meals and snacks daily.

Here is a common work situation that plays out frequently. Most employees cooped up in office jobs all day will order out and snack on any junk lying around. Like vultures they are on their own and will peck at everything throughout the day.

The plan above puts the work team back together on a personal level & that's truly teamwork.