

Other people change your environment

Your environment – the things that are or are not around you – really matter. We know the changes to our environment over the last twenty to thirty years have led to more people finding it harder to manage their weight. None of us are immune from these influences and personal surroundings can make a big difference.

How does your environment spoil your plans for eating and activity? Think in turn about the different environments you find yourself in. Have a look at the list below. Write down the main thing in each environment that messes up your plans.

OVERCOMING WEIGHT PROBLEMS

Environment	This messes up my eating plans	This messes up my plans to be more active
Home		
Work		
Friends' houses		
Family's houses		

DEALING WITH OTHER PEOPLE'S REACTIONS

	Restaurants, or other eating or drinking places	Other places when you are out and about	Places on journeys that you make – for example to and from work, picking up other people