

Recruit Your Own PAL



You may want to recruit your own PAL. This will give you more support as you finish the TODAY program or leave home.

A PAL can help you lose weight and manage your diabetes by:

- ▶ Meeting with you regularly to review your progress.
- ▶ Keeping you honest.
- ▶ Listening to you and offering advice.
- ▶ Helping you keep track of your weight.
- ▶ Encouraging you and giving praise.
- ▶ Helping you set goals and solve problems.

How to recruit a PAL from your support system

- ▶ Identify someone you want to ask. Think about:
 - ▶ Who really cares about helping you?
 - ▶ Who understands how important losing weight is to you?
 - ▶ Who makes good suggestions?
 - ▶ Who is usually positive?
 - ▶ Who is easy to talk to?
- ▶ Someone who does these things might make a good PAL.
- ▶ Ask someone. Begin by thanking her for the ways she's helped you in the past.
- ▶ Talk to her about the new ways she could help, and ask if she'd like to try.
- ▶ Schedule your first meeting if she is willing to try being your PAL.

What to do when meeting with your new PAL

- ▶ Talk about your weight and your weight graph.
- ▶ Go over your Lifestyle Log. Talk about the good choices you have made. Be honest about choices that were not so good. This will help you make better choices next time.
- ▶ Set goals and problem-solve about barriers. Ask for suggestions.
- ▶ Schedule your next meeting. Try to keep the day and time consistent.
- ▶ Thank your new PAL for taking the time to meet with you.

Additional resources

- ▶ Support for Physical Activity: LM 7
- ▶ Support for Healthy Eating: LM 8

Suggested activity

Make a plan to find a new PAL. Go over it with your parents and your PAL. Then put your plan into action.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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Especially for the Family Support Person

How can I help her find a new PAL?

- ▶ Think about people carefully. Talk about the people most likely to support her. Make sure that she doesn't just ask someone who is a good friend. Friends are fine, but it's important that her new PAL be able to help with support and advice.
- ▶ Help her plan her first meeting with her new PAL. Go over what she will say. Have her practice with you. Pretend to be the new PAL. Ask questions about what she would expect from a PAL. Make sure she has good answers for them.
- ▶ Help her evaluate each session with her new PAL. What made it go well? What did not go so well? What could they do differently next time? Coach a little. This will help her get the most out of the time she spends with her new PAL.

How can I help her find a PAL if she lives away from home?

- ▶ Plan to have more family meetings. They may be shorter than before and they may be over the phone. But they will be very important.
- ▶ Encourage her to find supportive friends first. Later she can recruit a PAL.
- ▶ Suggest she find a temporary PAL. Encourage her to check with the counseling or health department at her school. If she is working, help her identify people around her who make healthy choices. If she feels comfortable, have her ask for their support.

She asked someone, and it didn't work out. What should I do?

- ▶ Offer your support. She may be feeling upset or discouraged.
- ▶ Encourage her not to take it personally.
- ▶ Make sure she understands why her friend said, "No." It could be because it's a lot of work. Or maybe her friend did not understand what she needed from her.
- ▶ Prepare her to ask someone else. Pay special attention to any problems that arose the last time she asked someone.

Additional resources

- ▶ Support for Physical Activity: LM 7
- ▶ Support for Healthy Eating: LM 8

Suggested activity

Help her make a plan to recruit a new PAL. Follow through—even if it's by phone.

My notes

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