

Accountabili-BUDDY

How to help others achieve their
health/fitness goals

accountabilibuddy. noun; blending a person who assists another in keeping them responsible for their actions and to prevent them from doing certain things. The term is a blending of “accountability” and “buddy”.

An **accountabilibuddy** is one who keeps another accountable in their actions.

GIFT OF TIME



Offer to do things that will help your “buddy” have more time for exercise such as:

- Watch kids
- Run errands
- Finish household chores

REMINDERS

- Send a message (email/text/voicemail) confirming their workout for the day
- Have conversations regularly around the reasons their health/fitness goals are important to them.



ENCOURAGE



- Acknowledge their dedication
- Recognize their struggles/barriers and how they are overcoming them
- Send positive notes or encouraging quotes

SHOW INTEREST

- Ask questions
- Listen
- Anticipate their needs
- Don't be a barrier or source of temptation
- Invest in them



CELEBRATE SUCCESSES



- Rewards such as: spa day; gift card for new clothes; concert tickets
- New fitness accessories (new headphones, fitbit, sneakers)
- Make them a fun “You did it” Award Certificate.

References:

<https://anextraordinaryday.net/52-practical-and-thoughtful-ways-to-encourage-others/>

<https://www.womenshealthmag.com/uk/gym-wear/a708180/this-is-how-the-pros-celebrate-reaching-their-fitness-goals/>

<https://blog.dacadoo.com/2017/03/14/5-ways-to-support-someones-health-goals/>

<https://www.heart.org/en/healthy-living/fitness/staying-motivated/celebrating-your-fitness-success>

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