**Eighth Week: You aren’t alone:**

* **Social Aspect:**
* Working together with a partner/group can make transitions or living a healthy lifestyle both easier and more enjoyable
* Having a partner to work with gives you someone to depend on and to push you in the positive direction when you need
* Having a common goal/mindset can create friendships that may last a lifetime
* **Family:**
* Family is important because they will always be an individuals backbone
* Creating a plan for the future is more important than the current plan to get healthy
* Much of the battle is sustaining a lifestyle and habits once the original goal is achieved
* Creating a program for after will also allow the individual to help others achieve their goals
* **Making the community healthier:**
* Prevention, Education, and Implementation are key
* Community workshops for each age group would be an ideal way to promote healthy eating and exercise
* Having community based events could spark interest in mass amounts of people
* Create resources such as trackers or guides for people to follow and have for an interactive aspect of becoming healthier(see later attachment)

