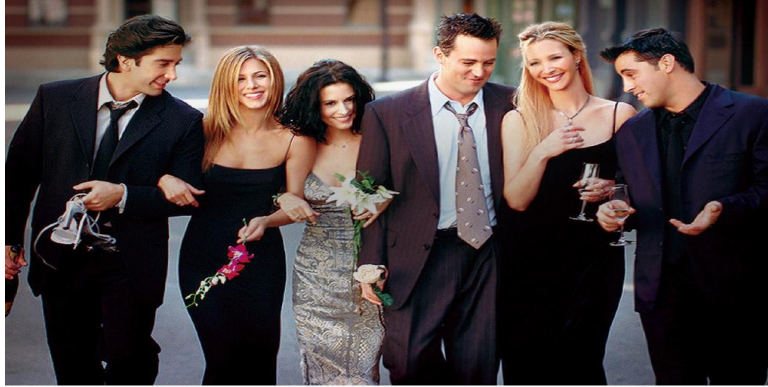


# Changing Your Environment



F·R·I·E·N·D·S

By: Dustin Maher

[www.DustinMaherFitness.com](http://www.DustinMaherFitness.com)

The environment you surround yourself in, plays a huge role in whether or not you will see the physical changes you are looking for, and also if they last longer than a couple months or years.

Jot down the 5 people who you are closest to and have the biggest influence in your life.

- 1.
- 2.
- 3.
- 4.
- 5.

Beside each of their names give each person a rating in their level of health and fitness: 1 being to most unhealthy, 10 being in top physical condition. Then find the average rating and circle the number.

<5, your closest friends and family aren't very healthy and you will have a hard time achieving your health goals if you are constantly around them. You must tell them what you are changing about yourself and why you are doing so, and ask them for their support. You should also get involved with other healthy active activities where you can interact with others.

5-7, those who you are around aren't very healthy and fit, but they aren't awful either. There is probably 1-2 on this list that are quite healthy and those are the ones that you want to spend more time with and ask them to help keep you accountable for your goals.

>7, you have a great support group and chances are that if you aren't participating in healthy behaviors you will feel bad and embarrassed because all of your other friends will have been continuing to workout and eat healthy and make good decisions.