



## Healthy Coping

I gained back 5 pounds and have not been exercising at all. I just want to give up.



## Healthy Coping

There is so much to remember from this group. I am constantly tracking my food, trying to figure out when I can work out, and weighing myself. It was easier when I wasn't thinking about it all the time.



## Healthy Coping

When I get depressed, I eat. I ate a whole bag of chicharron wheels, and then I went out to get ice cream. I wish I had better ways to cope when I am feeling down.



## Healthy Coping

I am tired of having to keep writing down what I eat and doing all these steps only to find that it doesn't seem to make any improvement.



## Healthy Coping

I have stress from my job and family, so focusing on me is nearly impossible.



## Healthy Coping

When all that delicious food is in front of me, "I have no will power." How could I not overindulge?



## Healthy Coping

In my family, we don't talk about our feelings.



## Healthy Coping

My family tries to help, but it ends up causing me more stress when they make comments about the foods I'm choosing.



### Being Active

After working all day on my feet, I don't want to exercise. I want to spend time with my kids instead.



### Being Active

I don't have money to buy workout equipment, workout clothes, or a gym membership.



### Being Active

I just don't like exercising. I was never very good at sports, and I don't know how to dance, swim, or use weights.



### Being Active

I have no one to watch my kids while I work out.



### Being Active

I just can't seem to get motivated to do physical activity. How can I keep up a routine?



### Being Active

I don't like going to the gym and I hated gym class when I was in school.



### Being Active

It's too "hot, cold, dangerous... \_\_\_\_\_ (fill in the blank)" where I live so I can't exercise



### Being Active

I don't feel comfortable exercising in front of other people.



## Healthy Eating

It's hard for me to eat healthy when I am at work, taking care of my family, and running errands.



## Healthy Eating

It's cheaper for me to buy foods that last longer and feed the entire family. I can't afford these expensive, healthy foods.



## Healthy Eating

We have many family celebrations where we enjoy special foods together. I feel left out or disrespectful if I don't eat them.



## Healthy Eating

I'm really good all day about eating right, and then at nighttime, I just lose my self-control and raid the pantry.



## Healthy Eating

I'll have to give up too many things I like and the small portion sizes will keep me hungry!



## Healthy Eating

If I want to eat healthy, I have to cook a separate meal for me because the rest of my family doesn't like healthy food.



## Healthy Eating

I don't like vegetables and fruit.



## Healthy Eating

The holidays are next month, so I won't be able to eat healthy.