

Social Support for Physical Activity

Social support refers to any assistance or encouragement provided to you by other people and is an important determinant of physical activity behavior.

Social support may come from many sources such as a partner, family member, friend, co-worker, exercise instructor, healthcare provider or even a social media group.

There are also different kinds of social support, including:

- *Instrumental*: Offering you practical assistance.
 - Your partner watches the kids while you exercise
 - Your neighbor lends you some dumbbells
- *Emotional*: Empathizing with you or encouraging you.
 - A teammate does your exercise with you during practice
 - Your neighborhood walking group keeps you accountable
- *Informational*: Providing you with helpful information.
 - Your family member shares tips or resources from their experience with exercise after a concussion
 - A fitness instructor helps you modify an exercise

Identify Your Social Support Network

Think about who in your life currently provides you with support that helps you be active. How do they support you? *List below everyone who supports you and the type of support they provide.*

How could you further engage the people in your life to support you in becoming or staying physically active? *List below anyone else who could support you and how.*
