

## Leverage your social circle for motivation

“Show me your friends and I’ll show you your future,” is more than a reminder from your parents to choose your friends wisely. There’s scientific evidence that our friends influence our health and behaviors. According to social psychologists, it’s an evolutionary human tendency to mimic behaviors. It helps us learn and relate to others.

The Mayo Clinic suggests you look for friends in your current social network who may provide a healthy influence:

- At work or school
- An old friend you lost touch with
- A friend of a friend you have enjoyed at social gatherings
- A family member you haven’t been close to in the past

The good news is, just as your friends influence you, you influence your friends. As you make healthy choices, your thinking and behaviors will integrate its way into your social network and benefit everyone around you.

You and your friends can:

- Go biking
- Go on a nature walk
- Practice yoga
- Sight see in a new area
- Pick up a new sport
- Rent scooters
- Kayak or canoe
- Putt putt
- Golf
- Volunteer
- Walk a dog
- Try a new yard game



If you have a friend who is ready to join you in healthy behaviors, find ways you can support and challenge each other. Mutual support and accountability encourage you and keep up your momentum when you don’t feel like participating in a healthy behavior one day.

Sources: [psychcentral.com](https://psychcentral.com)\*, [colostate.edu](https://colostate.edu)\*, [apa.org](https://apa.org)\*, [jstor.org](https://jstor.org)\*, [researchgate.net](https://researchgate.net)\*, [nih.gov](https://nih.gov)\*, [mayoclinic.org](https://mayoclinic.org)\*

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