**LOSING WEIGHT WHILE RAISING A FAMILY**

Losing weight can be hard enough on it’s own, but with a family around you that aren’t willing to follow you on your journey it can be frustrating and they may aid in sabotaging your efforts.  
However all is not lost and there are things you can do to help you succeed in sticking to your healthy eating even if your family aren’t behind you yet.

  
GET THE KIDS INVOLVED IN COOKING  
This can go along way in showing them what is in their food and if they are involved in the cooking process they might be more likely to eat it.

KEEP FAMILY MEALS SACRED  
Eating together as a family is important.   
Life is so busy we never get to sit down together and communicate.   
If your trying to lose weight then adjust your eating throughout the day so you can enjoy the meal together.   
You don’t have to indulge in loads of pasta or chips, you can still eat healthy options even if your partner wants to have a carb feast.

KEEP THE JUNK FOOD SEPARATE  
You may not be able to eliminate all the junk food from the house but by keeping it separate and out of sight it will help you stay on track – out of sight out of mind.

LEAD BY EXAMPLE  
Like anything actions speak louder than words.   
If your partner is unwilling to go healthy then just leave it at that and go about your new regime of eating.   
When they are ready they will start to make healthy changes. Once they see how much you are changing and benefiting from the choices you make they may see the light and make some of their own.