

# Potty Pointers

## Get Help & Be Accountable



The Beatles sang “I get by with a little help from my friends.” We all need help sometimes. Others can provide information, offer support or hold you accountable for improving health or increasing wealth.

- **Seek professional advice.** Registered dietitians, doctors, personal trainers, financial planners and counselors offer expert guidance. Ask for recommendations or references.
- **Gather support.** Surround yourself with people who support and encourage your efforts. This could be an informal group of family, friends or co-workers. Check with hospitals or community organizations to find formal support groups for diabetes, weight loss or other health concerns.
- **Be accountable.** You’re more likely to get up for your morning run if your friend is waiting for you at the track. You’re more likely to restrain impulse shopping if family members are watching.

If you’ve been struggling to meet your goals, you might need a little help from your friends. Don’t feel like you have to do it all by yourself.

Call in reinforcements.



### Learn more strategies for success with Small Steps to Health and Wealth.

- Visit our website at [arfamilies.org](http://arfamilies.org).
- Like Arkansas Saves on Facebook.
- Follow Dr. Laura Connerly on Twitter.



**UofA** DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
University of Arkansas System