



## Friend-Proof Your Diet

While attempting to stick to a healthy diet, your well-meaning, food-loving friends can suddenly turn into your mortal enemies. But eating right doesn't mean having to lock yourself away and suffer alone—your buds can actually be your biggest accomplices on your journey to best health!



### 5 Tips to stay on track with your health and your social life:

1. Find allies. Surrounding yourself with positive influences will help keep you accountable and will also provide you with a constant selection of workout partners.
2. Bring a healthy date. Take a 'healthy date' buddy to events who you can count on to snatch that bacon-wrapped jalapeno popper out of your hand the moment you pick it up.
3. Split the ticket. Go ahead, order the chocolate tower truffle cake off the menu, but cut the calories, the guilt and the tab in half by sharing with a friend.
4. Fuel up ahead of time. When attending a social function solo, fill up on healthy options beforehand so you won't be inclined to overindulge later.
5. Consider hosting. Invite friends to your place where you can be in total control of what's served.

## So What Can You Do?

For more tips on how to remain social while living healthfully, check out [www.SharpBestHealth.com](http://www.SharpBestHealth.com). Not only will you learn about eating well via food trackers and calorie counters, but you can also access your information anywhere, anytime—regardless of destination!

Click [HERE](#) to learn how to earn more points and win prizes by participating in the = Best Health program!

**Your journey to best health starts here —**  
**[www.SharpBestHealth.com](http://www.SharpBestHealth.com).**