



Get yourself a Bridget Buddy

What is a bridget-buddy?

A bridget buddy is an appointed friend, work colleague or other such trusted person whom you request to help you through rough patches. That is they stop you piggying out when you feel weak, they don't offer champagne when you pop in at 10am on a Sunday, and they motivate you to exercise as you leave work, instead of going home to self-satisfy on chocolate. They keep you on the straight and narrow.

We suggest you choose a bridget buddy with whom you share a fun and understanding relationship. Someone similar to a family member is ideal, because no matter how weak, tempted or self-indulgent you become, they will put your friendship on the line to rescue you and keep you going.

It's not like choosing your bridle team but it is important to select the right person for the job!

You might only wish to have a buddy-month by month (mood by mood). We suggest you let people know up front that they are on a temporary assignment with an appraisal from you at the end.

How might you use a bridget-buddy?

At work (worker bridget buddy):

- 🌈 to stop you drinking coffee or tea
- 🌈 to prompt you to drink water
- 🌈 to make sure you have a lunch break
- 🌈 to send you positive emails
- 🌈 to re-inforce that biscuits are bad, morning tea parties are an insanity and "buy-out coffee" is a sin
- 🌈 to get a healthy meal for you when things are tough

At home (home boy/gal bridget buddy)

- 🌈 to encourage exercise
- 🌈 to eat healthy meals with you
- 🌈 to support your health goals, and not tempt you with chocolate, lattes, or wine.
- 🌈 To laugh with you
- 🌈 To remind you to be positive not negative. Getting positive, happy inner chatter is half the battle! "Fake it 'til you make it".

At sport or the gym (sporty bridget buddy)

- 🌈 to call you or text you to come to the gym
- 🌈 to congratulate you when you do some exercise
- 🌈 to comment on how good you look
- 🌈 to dare you
- 🌈 to get one more rep out of you