



to try to follow a uniform, straightforward approach. The patient needs to believe in the successful result and work towards it, without looking back and returning to the old unhealthy habits.

31. Queries & Consideration

Very often the disrupted eating and drinking behaviour is associated with other factors in someone's life that are sources of stress – bad relationship or no relationship (feeling lonely), stressful job, annoying or abusive friend. Finding the root cause and working towards its removal is of crucial importance for the establishment of a consistent healthy routine in the long run.

32. Questions to think about the theme [5]

- What is the importance of consistency and patience in the process of losing weight?
- What is the role of family and friends in the process of losing weight?
- How supportive is the society?
- Are there some other factors – sources of stress to the patient (work, partner, friend)?
- How can we stop the patient from returning back to his/her old unhealthy habits?
- Moving away from eating regime and drinking avoidance to physical activities and entertainment as a way to distract the patient from his/her old habits?



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Website and APPs (at least 5)

- Websites

<https://www.bb-team.org/>

The largest site in Bulgaria for fitness, sport, healthy eating and lifestyle

<https://www.jiveiaktivno.bg/>

News, ideas, advice and events for a healthy and active lifestyle

<http://sailwithme.bg/>

Yacht tours and trainings

<https://pulsehealth.bg/>

Specialized clinical center in the field of dietetics, detox and weight loss

<https://www.topforma.bg/recipes-page/>

Recipes for healthy meals

<http://newthraciangold.eu/cmspage.php?id=249&lng=bg>

Sustainable initiatives which promote and combine organic farming, nature conservation and ecotourism.