

E-Book



**Non-Food
Rewards**

Celebrating small wins will help you reach your bigger goals, but using food as an incentive can sabotage weight loss.

Rewards help create a positive connection with the desired behaviour, reinforcing the habits you want to develop. Unfortunately the long term rewards of eating healthy and exercising, such as having more energy and increased strength can be really motivating but take time to appear so they don't give instant gratification.

However, choosing small non-food rewards along the way provides immediate incentives and can increase your confidence as you move toward your larger goals.



It's quite common to grow up with parents offering food as your main reward, such as sweets or chocolate for good behaviour at home or being allowed a dessert if you finish your dinner.

Using food to reward healthy behaviours could defeat your weight-loss efforts. After all, will you really choose celery stalks or hard-boiled eggs over chocolate as your prize?

Food rewards could even foster an unhealthy emotional connection with food, potentially turning you to food for comfort. Using food as a reward also detracts from mindful eating when it disconnects you from your hunger cues.



When to use rewards

First, avoid the common mistake of postponing rewards until reaching a significant milestone, such as losing 10 pounds. Instead, nurture the small habits that pave the way to your success! The feeling of pride will help you keep the momentum going.

Next, remember timing matters—well-deserved non-food rewards work best when you enjoy them as soon as possible after accomplishing the desired behaviour, creating a connection in your brain between a new habit and a pleasurable feeling.

Reward the **behaviours** that lead to your weight loss, not necessarily the number on the scale. After all, weight loss takes time.

Here are some suggestions of non-food treats

Treat yourself to a massage



Pamper yourself with a professional massage – Not only do massages feel incredible, but they're even more rewarding after a workout or long run. Don't forget to inquire about package deals to make the most of your budget. Consider getting a package and scheduling your next appointment as a reward for reaching your next goal.

Plan a staycation

Explore the hidden gems, attractions, and activities that your city has to offer. A weekend break can be an incredible way to-energise yourself and relax your mind too.



Switch off from everything for a couple of days and re-charge yourself ready to achieve your next milestone the moment you're back

Memory Jar

Fill a jar with small notes detailing your weight loss achievements, personal milestones, and positive moments along the journey. Reflect on these accomplishments whenever you need a boost of motivation and inspiration.

Using a post-it board can be another great way to do this. Write your accomplishments on to some post-it notes in BLOCK CAPITALS and stick them on your fridge or kitchen wall - somewhere you can see them whenever you're cooking or writing your shopping lists



Family

Visit family members you haven't seen in a while and show off the results of your hard work. There's nothing for your confidence than being given a compliment about how well you look, and if you haven't seen some of your friends and family for a while, this is the perfect way to boost yourself.



A night out at a show

Get tickets to a show or musical. Celebrate your weight loss achievement in style and create memories that will last a lifetime. Tickets are fantastic non food rewards for weight loss.



A New Challenge

How about entering a 5k race or an obstacle course race for charity?

Crossing that finish line will be an incredible reminder of your determination, hard work, and the progress you've made on your weight loss journey.

Fitness Classes & Personal Training

Book an hour with a personal trainer or join a new fitness class. Working with a personal trainer is like having a fitness expert and cheerleader by your side, providing you with personalised guidance, support, and motivation.

Online personal coaching is just as effective and way cheaper than the in-person option and you aren't limited to just your local area. If you want, you can choose an incredible personal trainer from California or Australia!

A group fitness class can be highly motivating with the support of the other members and the encouragement of the instructor, this could be exactly what you need to help achieve your next goal.

Host a Game Night

Whether it's a trivia challenge, charades, or a virtual gaming session, game night is a fantastic way to celebrate your success while creating lasting memories with your favorite people.

From multiplayer card games to a unique version of Pictionary that will have you explore that hobby you've always been curious about. Join a class, gather the necessary supplies, or simply dive into online tutorials. Embrace the journey of learning and growing in this new pursuit, and let it be a testament to the amazing things you can achieve.



Summary

When you've put in the effort to eat healthily and work towards your smart goals, it can be so tempting to indulge your taste buds in that slice of mouthwatering cake or grab some candy as a reward. But think about it for a moment – do you really want all of your hard work to go to waste just for a fleeting moment of indulgence?

You can still reward yourself but choose options that align with your healthy eating plan. That way, you can enjoy your rewards without derailing your progress.

