

Sometimes you deserve a reward. Have you reached a personal goal or milestone? Have you made a healthy lifestyle change that was a challenge?

Many of us turn to food as a reward. After all, eating is one of life's greatest pleasures. But if you turn to food too often, the calories can really add up.

Using food as a reward for losing weight can be a special problem. It can undo your hard work and throw you off track as you move toward your weight goal.

Nonfood rewards

Below is a long list of things that bring pleasure — without food. Check the ones you might enjoy:

- Soak in the bathtub.
- Buy flowers.
- Watch a movie.
- Walk in the woods.
- Listen to music.
- Read a book, newspaper, or magazine.
- Do woodworking.
- Build a model.
- Practice karate, judo, or yoga.
- Work on your car or bicycle.
- Collect coins.
- Take care of your plants or garden.
- Buy or sell stock.
- Go swimming.
- Doodle.
- Collect old things.
- Go to a party.
- Play golf, soccer, volleyball, or baseball.
- Fly a kite.
- Phone a friend.
- Ride a motorcycle.
- Pray, worship, or meditate.
- Go to the beach.
- Sing around the house.
- Go dancing.
- Paint.
- Do needlepoint, knitting, or sewing.
- Take a nap.
- Invite friends over.
- Go to a club meeting.
- Go hunting.
- Sing with a group.
- Play a musical instrument.
- Make a gift for someone.
- Buy a tape or CD.
- Go hiking.
- Buy clothes.
- Go to the beauty parlor.
- Play cards, chess, or other games.
- Write a letter.
- Write in a diary.
- Go to a play or concert.
- Go for a drive.
- Refinish furniture.
- Go bike riding.
- Buy a gift for someone.
- Visit a national park.
- Take photographs.
- Go fishing.
- Play with animals.

(continued on next page)



A healthier life is on the line for you!

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Ways to Reward Yourself Without Food

- Go bowling.
- Go to the mountains.
- Do crossword puzzles or Sudoku.
- Go to a museum.
- Light candles.
- Get a massage.
- Do a jigsaw puzzle.
- Go window-shopping.
- Take a sauna.
- Go skating.
- Go skiing.
- Go horseback riding.
- Go to the library.
- Send a greeting card.
- _____
- _____
- _____
- _____

Source: Adapted from *The Adult Pleasant Events Schedule* by M.M. Linehan, E. Sharp, and A.M. Ivanoff, 1980.

Take Action

It takes time and effort to build a healthy lifestyle. One way to keep going when the going gets tough is to make sure there's enough pleasure in your life.

Get out a calendar. Schedule two things to do next week that will bring you pleasure but that don't involve food. Write your plan below. (Example: "On Monday night I will go bowling. On Saturday afternoon I will walk in the park.")

1. _____
2. _____

The next time you make a difficult healthy lifestyle change, plan to reward yourself with one of the pleasures you checked above. Write your plan below. (Example: "The next time I take a walk when it's cold outside, I will listen to my favorite music when I get home.")

Keep in mind all the kinds of physical activity that are fun for you. Being active is one of the best parts of a healthy — and happy — lifestyle. So reward yourself with activity whenever you can!



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