

Non-Food Rewards



After meeting with clients and discussing what brought us all here, to the weight we are at, as well as to Jenny Craig, and determining that we need to change but agreeing that change can be difficult I'd like to focus on how to reward ourselves for making positive changes. In fact, many consultants and the company have thoughts on this topic and you can learn more about it on JennyCraig.com.

Non-Food Rewards is one of the things, as it turns out, that is an integral part of weight loss. Learning what these are or can be and utilizing them as ways to concrete positive change in our behavior is one of the best things Jenny Craig has taught me. See if you can think of more ways to reward yourself for making all of the good choices in your day, week or month!

HERE ARE SOME NON FOOD REWARDS:

- Going to the mall to window shop, especially when you can meet with friends
- Getting a free facial (Origins-Dillard's, Burdines, JC Penney all offer)
- Getting a free hand/arm scrub/massage (Origins-Dillard's, Bath Junkie)
- Getting a pedicure (Inexpensive at Beauty schools - Men do this too)
- Giving then Receiving a back massage by friend/loved one
- Walking the dogs or walking on the beach
- Walking around the neighborhood looking for garage sales
- Going antique browsing, i.e. Mount Dora, St. Augustine
- Playing the guitar or other instrument
- Going to a museum or art gallery
- Reading a book
- Meditating
- Singing

Did you know that most clients can't think of any non-food rewards? "What are non-food rewards?" most ask.

The answer is: Anything that you do for yourself that doesn't involve putting food in your mouth.