Choosing Rewards

When it comes to choosing rewards for your achievements, it's important to choose options that will encourage your efforts. Skip food or drink rewards. Instead, try one of these options…

- Hand weights
- Yoga mat
- Running shoes
- New cooking equipment
- Colorful cutting board
- Fresh herbs
- New workout clothes
- iPod or other digital music device
- A deposit in a savings account for a vacation
- A trip to a museum or art exhibit
- Resistance bands
- Swim goggles
- Movie passes
- Sharp knife
- Nonstick skillets
- New spices

The Benefits of Your Decision

There are tons of benefits to good health.

A balanced diet and exercise plan will reduce your risk of...

- Diabetes
- Heart disease
- Stroke
- Certain cancers
- Metabolic syndrome
- Obesity

At the same time, making healthful diet and exercise choices will provide the following benefits…

- Increased stamina
- Better sleep
- Improved mood
- Increased flexibility
- Stronger bones
- Higher energy levels

Congratulations on starting down the road to good health.

You can do it!