

# REWARD CHART



Congratulations for making a commitment to your health!

## 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!

## 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
- Resistance bands
- Yoga mat
- Swim goggles
- Running shoes
- Movie passes
- New cooking equipment
- Sharp knife
- Colorful cutting board
- Nonstick skillet
- Fresh herbs
- New spices
- 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

