



SELF REWARD

TASK: Learn the benefits to living a healthy lifestyle and self rewards.

CONDITIONS: Discussion - Question Based

STANDARDS: Understand benefits of a healthier lifestyle and self rewards.

REFERENCE(S): Academy of Nutrition and Dietetics



SELF REWARD

Set healthy realistic goals.

(DISCUSSION) Ask the Soldiers for examples of healthy goals and how to achieve them.

- You are more likely to succeed in reaching realistic goals when you make changes step-by -step.
- Start with one or two specific, small changes at a time. Track your progress by keeping a food and activity log.



SELF REWARD

Get cooking.

(DISCUSSION) Ask the Soldiers what the benefits of home cooking is vs. fast food or eating out.

- Cooking at home can be healthy, rewarding and cost-effective.
- Eating with family promotes healthier eating.



SELF REWARD

Well being:

(DISCUSSION) Ask the soldiers how they do this.

- Your body will feel and look better.
- Be able to fit into your old clothes.
- Be wiser on the foods you consume on a daily basis.
- Be able to keep up with your kids activities.
- Changes in your diet is self-rewarding.