



SELF REWARD (NEW)

TASK: Discuss the importance of rewarding positive lifestyle and dietary changes with pleasure.

CONDITIONS: Discussion – Q&A

STANDARDS: Soldiers will understand how to use pleasurable activities as a self reward for positive lifestyle and dietary changes.

REFERENCE(S): www.move.va.gov



SELF REWARD

Good behavior has been rewarded with food for centuries. What are some ways you have been rewarded for good behavior? [as a child – dessert/treat; adult – fast food/high calorie foods, gooey treats, fruity cocktails]

Know that -

1. Eating behaviors are learned habits.
2. Habits can be replaced or changed.
3. Realize that **you have control** over habits.
4. You are worth the effort.



SELF REWARD

What You Think Drives What You Do – Plan for Pleasure

- You can change your thinking about food as a reward.
- Decide how important it is for you to change.
- What will it mean for you when you have made the change?
- Start with a list of activities or experiences you enjoy that do not involve food. [shopping, video games, hiking, etc.]
- Make a chart of your lifestyle/dietary goals; include a (non-food) pleasurable activity to reward each goal reached.
- Make a firm choice to get serious about your health.
- Recognize that you can increase your energy and well-being through physical activity.
- Know that weight management is a way to be good to yourself.
- Make it a life-long effort.



SELF REWARD

Enjoy Small Everyday Pleasures

- **Slow down your eating; chew slowly and let yourself taste the flavors of your food. This is a reward in itself in several ways:**
 - Food tastes better and is more enjoyable.
 - Allows the brain to better control when to stop eating, thus decreasing the total calories consumed.
 - Provides more energy by omitting that overwhelming ‘stuffed’ feeling.
 - Increases ‘Family Time’ at meals.