

Rewards

I used to be the type of person that would reward myself at any given opportunity with anything filled with sugar. And I do mean, any.given.opportunity.

Oh I just killed that workout, so now I get to eat 5 cookies! Oh! And I think I'll have ice-cream, too!

Didn't trip in my new stilettos on Saturday, so I'll take a large caramel macchiato - extra whip!

Remembered to get my oil changed! Gimme the gummie bears, in the extra large bag!

Once I started taking my fitness seriously, I knew I had to change this behavior. First, I had to treat food as "fuel," and eliminate eating all the garbage. It's difficult to break these edible habits at first, but as soon as I started seeing definition on my stomach, it made it a little easier to put the goodies down. But one of my keys to success is that I still reward myself for hitting goals. The difference is that now I reward myself with things that aren't going to counteract all my hard work in the gym. Here's how I do it:

For accomplishing little goals (e.g. working out 4 days/week for a month):

- New water bottle/shaker
- Bottle of nail polish
- New gym towel

For accomplishing medium goals (e.g. drop a dress/pant size):

- Buy all the ingredients for a healthy meal that you want to try, and then make it! This is a fun one to do with a workout buddy.
- Work out tank tops
- Pedicure

For accomplishing big goals (e.g. hit your goal size/weight):

- Full body massages
- Makeup/beauty products
- A new workout outfit

It can take weeks, or even months to see certain results and improvements in your fitness. That is why it is so important to give yourself rewards along the way. It keeps you motivated, and it keeps things fun!