The Weight Loss at Work Rewards Nonfood by Lisa Beverley

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The e-mail goes out at noon. "To celebrate their hard work this week, there is cake and ice cream in the big kitchen at 3 today. Be there!"

The universal reward for hard work always seems to be the food, cake and ice cream, a serving lunch to the training sessions in the service, extra crew pizza, bagels and cream cheese to brighten a gloomy Monday morning .

Food seems to be the perennial favorite for any reward, as it is universally accepted. Some of us (people who diet hard core) can happen in sweet things, but usually find something acceptable. In a world where two thirds of us are overweight or obese, there is no longer available as a gift that transcends all individual interests?

Recently, we had a whole week in my company dedicated to the appreciation of the employees. Top prizes were, of course, things food, but others have been added: a baseball cap of the company, a container of water trails, a lunch bag, and a handwritten note of thanks to all the employees of its supervisor. The cover was a failure for those of us with any semblance of fashion sense, bottle and a bag of isolation were related to food, and handwritten notes were superfluous - good supervisors show their appreciation for the constant hard work, while a handwritten note from a severe supervisor, no matter the "thank you", he said, means diddly squat to an employee resentment.

He has to be something more there? Humans have some things in common and eating is totally universal primary education. Other common activities of the body, such as urination and defecation are not easily translatable into some kind of reward system. We are all involved in physical activity to some extent, but often is more a chore than a pleasure.

When it comes to the other senses, they are all so different that a person's pleasure is another person's pain: music, scents, images, or massages are differential tastes general rather than dice.

Money is almost always acceptable, but small amounts individually generated to replace a free dessert or a snack would be so minimal that the value of the reward would be negligible.

So what can those of us on a permanent diet, and alarmed by the circumference of our co-workers more, they suggest?

What about plants? Small individual pots or a larger department shrub to save our waistlines while adding to the health and aesthetics of our environment. I figure, right in my call center, that if a plant had been given to each department, rather than an edible surprises for the celebrations in the past 5 years, now is working on a lush tropical jungle of plants exotic species in the re-processed stale air conditioned air would be purer, more humid, cooler and a thousand times. Morale booster and health benefits in one fell swoop!

How about the gift of time? In our lives too busy down that it would be immensely grateful for a free hour here or there. Rotate through each department, leaving one or two people out early on a Friday afternoon. That means something and have no cost to senior management should be ecstatic.

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Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a weight loss including remedies, a health and fitness and a nutrition, slimming, weight loss products, bodybuilding supplements and diet tips.

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