



7 Zero-Calorie Ways to Treat Yourself!

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Part of a healthy lifestyle is learning how to like and accept yourself for who you are. In addition to eating better and sticking with an exercise program, occasional rewards can be a great way to express self-acceptance. Here are some “treat” ideas that won’t work against your fitness goals!

1. **LAUGH!** Call a friend who will crack you up! Or do you have a favorite tv show that’s a guaranteed laugh? I have several favorite sketch comedy shows cued on Netflix for when I need a little end of the day pick-me up. A funny book or hanging with an upbeat pal will do this too!
2. Whole Foods brand Italian Sparking Water (strawberry flavor) with a twist of lime. Its like a sparkling strawberry limeade but without all the sugary calorie laden badness. Loads of flavor and sparkle. The lime adds maybe 1-2 calories or less—a full ounce of lime fruit is only 8 calories for instance, so don’t be afraid to use this great intense flavor source. Its also good to add lime to plain sparkling water or even your filtered water from the refrigerator—just a little flavor can make a lot of difference.
3. Fizzy bath tablets—delectable in their own way with rich scents and colors—fizzy bath tablets (I love the lavender and green tea ones from L’Occitane) or bath bombs (like the colorful and intensely scented ones from Lush) are a great treat for many senses at once. Besides a good soak after a hard workout is always a great idea. Brands like Dr.Teal’s also have budget friendly alternatives like big bags of lavender or eucalyptus essential oil scented Epsom salts.

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4. Chocolate or fruit flavored black or rooibos teas are great no-calorie flavor alternatives when you've just GOT to have that chocolate flavor fix. Brew according to the directions, then you have the option of drinking them as is or adding a natural sweetener like stevia for a sweet no calorie treat.
5. Get a manicure, pedicure, facial, massage or other spa treatment, and consider trying something new like a different style of massage or a new beauty product. Check with your local salon for specials too. You'll feel great!
6. Freeze your favorite zero calorie beverage—the new stevia sweetened Crystal Light mixes, or Zevia sodas make great popsicles. I love to get the inexpensive plastic popsicle kits in the summer and save them to make treats all year in the freezer.
7. Make a music mix of your current favorite songs. I have playlists for all kinds of moods—chill out time, or motivating songs for workouts. Get creative with your music collection and load up your MP3 player.

Remember, not all “treats” have to be things to eat and drink—when on a diet, or adapting to a new eating strategy, its great to have a few extra ideas for rewarding yourself. Sometimes people are programmed to automatically go get themselves a high calorie sugary treat (hello cupcake trend, I'm talking to you!) or a super expensive pair of shoes, when something simple could bring even more enjoyment to the moment with no calories and/or low cost. This list is meant to give you some new ideas, and hopefully to inspire you to come up with some treat ideas of your own!

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