

## INDULGE WITHOUT BULGE TREATS

We all love a treat. Sometimes it's a chocolate candy other times it's a bowl of potato chips or maybe it's a doughnut as big as your head. But since we're trying to be slightly smaller it's time to find a few non-food treats. It's time to find ways to indulge without bulge. Consider the following ideas as ways to indulge without having to journal it, count it, or burn it off.

**Dive into a new book** It's fun and it helps you focus on something other than food. (We're currently working our way through a romance series and it's like a chocolate candy treat!)



**Dance Break** Yep. A few minutes of head banging, twisting, or boot stomping is SO much fun. Whether you're in the car, have your song on your headphones, or pull up the video on the computer get down and get funky. Treat yourself to a good song. Even if you're driving you can do a little butt dance.



**Buy some makeup** Walk away from the candy aisle at the drugstore and go TO the cosmetics aisle. If you've got a dollar to spend you can buy lip gloss instead of a quick snack. Even the lower priced makeup will make you feel better than ripping something open and eating it before you even get the keys in the ignition.

**Organize a Drawer** Sound silly? But really try it. It can be very satisfying to have your socks matched or all the pens mated with caps in the junk drawer. This may not sound like a treat but it really is. Give yourself time to make a small part of your home neat and tidy. It's a treat that you'll see over and over when you look at it.

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**Take a Nap** Really you are allowed. If you have a moment put your head down. A little nap is something luxurious and kind you can do for yourself. You're not hungry you're exhausted so take five or fifteen. If you've got a satin pillow so much the better - pretend you're Elizabeth Taylor.

**Visit A Fun Blog** Of course we recommend ours but BUT any fun website will do. A good laugh is always a treat!

**Take a Bath** Why not soak in a scented bath? The world can wait. Again – pretend you're Doris Day for a bit.

