

Sweet rewards at work: How do you resist temptation?

Question: “Has anyone noticed how often food is used as a reward at work? I’m trying to eat healthy and be more active to set a good example for my kids. But it’s hard. I’m in a sedentary job and treats often appear (vendors bring in lunches and cookies, we celebrate co-workers birthdays with cakes, the kitchen is often full of goodies especially over the holidays, the vending machine calls my name). Can anyone share tips for avoiding temptation at work or suggest ideas I might suggest for non-food rewards/recognition? Employers have a stake in keeping us healthy, too. Do any of your employers encourage healthy eating and exercise? How? I used to take a brisk walk at lunchtime, but ‘Baby, it’s cold outside!’ Thanks for sharing.” —*Trying to down-size*