

## **Positive Conditioning Concepts**

- Identify what is essential for success (conditioning) and find a way to make it important.
- Find a way to make things that may not be fun and make them FUN.
- Replace running for punishment with positive conditioning.
- Praise
- Reward attitude and effort
- Conditioning is a privilege and should be a source of individual and team pride.
- Attach verbal praise with name
- Reward best workers instead of punishing worst workers.
- Refocus from their own discomfort – keep focus on teamwork.
- Positive activity brings more activity.