

Think Thin

Healthy choice making is a process by which you train yourself to think and make choices from a thin viewpoint. You already have the knowledge, all you lack is practice. The key to healthy choice making is how to follow up on the awareness which you have gained through the DECO Healthy Living Program.

Most people are aware that bacon contains a lot of fat. Just knowing this fact, however, will not help you diet if you keep it in the freezer. A follow up plan is not to purchase bacon at all is a sign of health choice making. Sticking to a low fat diet and maintaining self control is easier when high fat foods are eliminated from your cabinets.

Self control and ideal choice making are not absolute states. You may take a considerable amount of time developing enough self control to resist all the temptations of our modern world.

Self Control and Choice Making

Don't strive for perfection. Every little choice that is positive is important. As you exercise your choice making powers, you will gain more confidence. Remember too, that behavioral changes, such as healthier choice making, do not occur overnight. Years of developing bad habits lead to difficult patterns to break.

Stopping cold turkey is not always necessary. Sometimes a slow adjustment to your lifestyle will result in the confidence to continue. Every little choice and admittance of desire to change proves that you are gaining control over your own life.

Not reacting immediately will allow your self control time to react. And as you develop more self control, the process of curbing bad habits will become easier. Stop and think before you react. As you reach for a cookie, think about the consequences instead of making one motion from hand to mouth.

Learning to choose is very rewarding. You will feel the true meaning of success as you gain self control and self determination in the pursuit of your goals.

Eating for Health and Longevity

Food and eating are a very large part of social life for most Americans. We like foods that taste good and are easy to eat. Nobody can dispute the fact that a diet high in fat contributes to many diet related illnesses such as hypertension, obesity, heart disease, gout and even certain forms of cancer. Controlling your diet is a positive step in preventing these disease.