

As with many other experiences, you must make time for calorie-wise conscious shopping. The shopping experience requires planning ahead.

Eat Before You Shop

Never shop on an empty stomach. Whenever you place yourself in a vulnerable position, your defenses weaken. When you first enter the supermarket, notice that baked goods and other tempting foods are often among the first items to meet your eye. The market's strategy of temptation is designed to lower your resistance. On a full stomach, you will have the strength to come to your senses.

Bring a List

If you have a list with you, your shopping trip will be more focused and efficient. Roaming aimlessly down the aisles allows you too much time to rationalize why you deserve that custard pie at the frozen food section/ it's so simple – what you don't take home, you can't eat.

Read the Labels

As we have said before, labels are tricky. Becoming a skeptical consumer and recognizing the potential traps really gives you a head start in the label jungle. Learn not to trust the front of the box just because it says natural or lower in calories.

- Question all labels and choose your foods carefully
- Look for low-fat alternatives to your favorite foods
- Steer away from foods with simple carbohydrates and lean towards more complex carbohydrates
- Note amounts of saturated fats listed on the label. Aim for less than 10% of your fat intake from saturated sources. With a 1500 calorie diet, only 5 grams should be from saturated fat
- Always remember that low cholesterol and low fat differ immensely. A product can be low in cholesterol and high in fat. A product may even be low in saturated fat, but exceed your daily limit of total fat.

Be an Informed Shopper

Take shopping seriously. Conscious and conscientious shopping for food will be an important phase of your weight maintenance program. You will need to examine labels and choose only foods that are within your maintenance plan.

To make a final choice while shopping, follow your instincts based on your knowledge. If it makes it out of the store, it will inevitably make it into your mouth. Stop the temptation and start to feel the success.

You may be able to survive a good long time without food, vitamins or minerals; however you'd only last a day or two without water. That's because $\frac{1}{2}$ to $\frac{2}{3}$ of your body is water. And while it has no calories or nutrients, water has body-building power. It's a solvent, a lubricator and a regulator of body temperature. It carries nutrients to cells and takes waste products away. It also aids digestion and is necessary in all chemical reactions in body metabolism.

You need water even if you're not thirsty – that's why the DECO Healthy Living Program recommends that you drink 64 ounces of water per day! Check out these varieties and enjoy!

Bottled Water in Not Just Water in a Bottle

| | |
|----------------------|---|
| Still Water | Non carbonated and can be spring, well or municipal tap water |
| Spring Water | Whether still or sparkling, it seeps or springs to the surface from underground aquifers. If its not labeled "natural", it may have undergone processing, such as additional of minerals |
| Mineral Water | Contains dissolved mineral salts, such as calcium, sodium, magnesium and iron. All waters have some mineral salts unless they are distilled |
| Distilled Water | Is processed and free of almost all mineral salts |
| Artesian Well Water | Water that is forced to the surface from a confined underground aquifer by underground pressure through pipes drilled through the upper confining layer of rock |
| Sparkling Water | Carbonated, usually by carbon dioxide gas. Club soda is ordinary tap water with impurities removed, then carbonated by a special mixture of minerals added. Seltzer are tap water filtered and carbonated without added mineral salts |
| Naturally Carbonated | Means the water was effervescent at its underground source |

Practical Tips

- Consider having a glass of water before and during each meal. Not only will this help you meet your water needs, it will also help curb your appetite.
- Fill a 2 quart (8 cup) container with water at the beginning of the day and put it in the refrigerator. Drink water from the container throughout the course of the day. You will know you've consumed your needed 8 cups when the container is empty.
- Keep a running tally of your water intake by adding a sticker or a mark in wax pencil to your glass each time you fill up.
- Consuming water is an excellent way to meet your fluid needs. Other calorie-free beverages, including coffee, tea, diet soda and artificially sweetened drinks can also be used to meet your water requirements.

Home or Club Workouts

When the weather prevents you from going outside, exercising indoors can help you maintain your program of consistent physical activity. Two options for indoor exercise are joining a health club or creating an exercise facility/space at home. Here are tips to help you decide which is best for you

Convenience

First, consider convenience. If you are looking at a club, consider how far it is from home or work. Chances are you are more likely to use a club that is 10 minutes away by car versus one that is 30 minutes away. Convenience counts at home as well. If you can leave an exercise bike out or don't have a space large enough to move to aerobic videos, chances are you won't use them at all.

Cost

Cost is also an important issue. If considering a health club, investigate the initial costs, payments and membership renewal fees. Other organizations, which offer low cost exercise programs, include Jazzercise, the local MCA and the International Dance and Exercise Association. With home exercise equipment, cost comes from the purchase of equipment – machines, mats, weights, bicycles, etc. If considering a home exercise facility don't forget to figure in the cost of equipment maintenance and repair.

Schedule

It is important that you exercise consistently. When considering whether to join a club or create an exercise facility at home, take into account how much time you can spend exercising. If you are considering joining a club, remember that you have to gather workout clothes, drive to a club, workout, shower and change after your workout. Be realistic. If the extra time needed to go to a health club isn't there, exercising at home is probably best.

Personal Preference

If you don't like exercising in front of others or don't like health clubs, then don't join. Some people find it more relaxing to exercise at home own there own. Others gain extra motivation from exercising with others and enjoy sharing "exercise talk." For continued success, select the exercise environment that's most compatible with your personality.

Activity

To help you determine the exercise environment that's best for you, complete the chart below. For each of the characteristics listed, place a check in the column of the exercise environment that best provides the given characteristic for you.

| | Home | Local Program | Athletic Club |
|---------------------|------|---------------|---------------|
| Convenience | | | |
| Costs | | | |
| Schedule | | | |
| Personal Preference | | | |
| Special Features | | | |

And don't forget your walking program! Continue to walk 4 times per week, 40 minute each session. Try carrying a light weight (1-3 lbs.) in each hand as you walk. And if you have the urge to walk longer, do it!

Continue to monitor your heart rate. Adjust your activity as needed – walk faster to increase your heart rate, and slow down if you heart rate is too high.