

Managing Your Thinking

- Feel good about yourself.
- Be positive, patient and realistic.
- Combat negative self-talk. Replace it with positive words of encouragement.
- If you believe in yourself, then others will too. It is that simple.

Self-Affirmation

When you make an affirmation, you declare that what you are saying is true. You are making a commitment to yourself. It is important to remember that affirmations require hard work. Just making the affirmation is not enough. You need to follow through on the actions that will make that affirmation a reality.

Affirmations can be very powerful tools in attaining long term weight loss. The affirmations you make to yourself are crucial elements to the success of the DECO Healthy Living Program. Thinking carefully and devise several affirmations that you believe in.

You might try *"I deserve to be thin!"* or *"I have the power to be thin!"* notice that self-affirmations begin with that very important pronoun – I. You alone can create self-affirmations. You alone can live up to them.

Say It Over and Over Again

Once you have several affirmations, the next step is repeating them – over and over again. Perhaps you think this is boring, or a waste of time. Perhaps you think if you repeat the same affirmation over and over it will have no meaning. On the contrary, when you repeat something over the course of time, you make it your own.

You will find that, as you repeat a well thought out affirmation time and time again, something exciting and fascinating begins to happen. You find yourself believing it! It is this constant process of repetition that gives affirmations their power to help you as you change for the better.

You will also discover that affirmations you make affect not only your weight management but other areas of your life as well. You may well find that having the power to control what you eat will help you find within yourself the power to do many things you have been longing to do.

Start The Process Now

Say to yourself: *"I will follow my affirmations because they make me feel good about myself!"*

Friends and Enemies

Your emotions are your feelings – joy, sorrow, hate, love, guilt, fear, etc. The things you feel are very different from the things you know. Sometimes your emotions are your friends, lifting you up on a cloud of euphoria. Other times they feel like enemies, dragging you into the pit of despair.

When the Going Gets Rough

- Take stock of the feelings
- Analyze it's origin
- Permit yourself to experience the emotion
- Validate your feelings
- Act on your feelings

If you are feeling sad, analyze where that feeling is coming from. Are you seeking comfort in the refrigerator? Stop, look and listen... but don't eat, act! Allow yourself to experience the pain you feel, and then use your "talking to yourself" skill to begin to feel better.

Eating Responses as Clues to Emotions

Sometimes your response to sadness, joy or fear or any other emotion is inappropriate, even harmful. Keep a food diary for 5 days to analyze your eating patterns and note your emotional state. Notice how often you ate because you were depressed, anxious, nervous, angry or even happy.

Ask yourself why you felt the need to eat because you were feeling these emotions,. Do you eat when you are depressed because it makes you feel better? Perhaps it does make you feel satisfied and nurtured for a short span of times, but the self-loathing you feel after the food has passed your lips probably lasts far longer than the brief feeling of satisfaction.

Do you find that you have been eating because you are bored? Eating is hardly an appropriate response to boredom. It destroys your feelings of self worth and undermines your success. And what happens after you eat? Is the boredom gone? No, it's still there, joined by anger and self-hate at succumbing to temptation. If you're bored, find something worthwhile to fill your time.

Breaking the Mood/Food Connection

The mood/food connection is not an easy one to break. It's been long established, and changing the pattern will take time, effort and determination.

Meat, fish, poultry, dry beans, eggs and cheese are foods which make up “the meat group.” These foods are excellent sources of protein and most vitamins and minerals. Meat, poultry and fish are particularly important because they also provide high amounts of the B vitamins, iron and zinc.

Most of you daily protein requirements will come from this group. Protein is vital for building and maintaining body structure (including muscle tissues and other critical organs). A fresh supply of protein is required daily to maintain the integrity and function of your body. The DECO Healthy Living Program products provide high quality protein to ensure you are consuming adequate amounts of this vital nutrient.

Proteins are made up of 22 different “building blocks” called amino acids. Nine of these amino acids are essential – your body cannot make them so you must eat foods with these proteins each day. Meat, poultry, fish and items from the milk group are examples of high quality proteins which supply all the essential amino acids. Since dried beans and nuts are typically deficient in some of the essential amino acids, they alone cannot meet your body’s protein needs.

Foods in the meat group contain naturally occurring fat and depending on preparation techniques, can be a source of added fat. It is important to choose lean varieties of meats, poultry, and fish, because the high fat choices contain saturated fats which can increase blood cholesterol levels, encourage formation of plaque and promote heart disease. Look for low fat or fat free cheeses. Compared to meats, however, the dried beans and nut are low in saturated fat and have no cholesterol. A balanced diet which includes a variety of low fat & protein sources is recommended.

Serving Sizes

- Typical serving sizes vary from 1 to 4 ounces of lean or very lean meat, poultry, fish or cheese
- 2 egg whites, ½ coup beans (counts as 1 ounce of lean meat)

Practical Tips

The leanest cuts of meat come from the parts of the animal that gets the most exercise– the shank, round, and flank. In contrast, the chuck, loin and rib don’t get much exercise and are high in fat. When selecting meats, choose the lean cuts which are uniformly pink and are not interwoven with white streaks of fat. Also, try to avoid egg yolks and nuts in large quantities because they are naturally high in fat.

If you choose lean cuts of meat you can keep them lean by cooking lean. Use a non-stick cooking spray for stir frying, or bake, broil or grill with an oil-free marinade. Also remember that the skin of poultry is high in fat. So, after cooking and before eating chicken/turkey, be sure to remove the skin. Or better yet, remove the skin before cooking.

Choosing Healthy Alternatives

Changing eating habits is hard work! Taking gradual steps can help make it easier. Consider trying some of the “first steps” listed below. Once comfortable with these changes, try the “best choice.”

Instead of....	First Try	Aim For .. Best Choice
Regular Ground Beef	Lean Ground Beef	Extra-Lean Ground Beef
Deep Fried Fish/Poultry	Stir Fried Fish/Poultry	Broiled, Baked or Grilled

Do's and Don'ts

As you continue with your exercise program, here are some general guidelines to follow and remember:

One of the goals of the exercise program is to help you find new and creative ways to increase your activity level to help you lose weight faster. By simply altering some of your usual routines, you can increase your activity level and have fun too!

The following bathroom exercises can be used as supplemental activities to your exercise program. Or, they can be combined with stretching exercising to create routines to use on days you don't plan to walk. Review and try each activity listed below.

Do....	Don't....
Drink plenty of water before, during and after	Bounce when you stretch
Dress properly	Wear rubber suits to increase sweating
Wear appropriate shoes for exercise	Do straight leg set ups – bend your knees
Breathe when doing strength training	Exercise right after eating – wait 2 hours

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Toothbrush Tush Push	Towel Toner	Upside Down Tow Touches
<ul style="list-style-type: none"> • Music on, prepare brush • Stand tall, feet apart • Toothbrush in hand, bend your knees and straighten in time to the music 	<ul style="list-style-type: none"> • Music on, stand with feet apart • Grab a towel, arms up and hold it taut behind your head • Bend side to side, repeat 12 times on each side 	<ul style="list-style-type: none"> • Music on, stand with feet apart • Bend from the waist and dry your hair upside down • Use your free arm to reach your toes, count to 10 • Switch arms, do this until your hair is dry

Activity

Tomorrow, begin to do the Toothbrush Tush Push each time you brush your teeth. Do this for 3 days and HAVE FUN! Then, on the fourth day, add the Towel Toner after you do the Toothbrush Tush Push. Finally, the next time you wash your hair, try the Upside Down Toe Touches.

Increase your walking program to a 20 minute walk, 4 times per week. If you are already at this level, try a 25 minute walk, 4 times per week. On the days you don't plan to walk, do two stretching exercises and the bathroom exercises noted above.

Be sure to take your heart rate before, during and after your walking routine. Continue to try to achieve a heart rate between the two numbers you calculated on the earlier worksheet.