

Affirm Your Right to Be Thin

A person who has been heavy all their life may meet with negative feelings from family members when trying to lose weight. Remember, change can be frightening. Stay focused, get control over your own life and affirm your right to change.

Losing weight for someone else is dangerous both physically and emotionally, you must want it. If you're pressured into weight reduction, the chances are good that you'll gain the weight right back. If you feel that you need to be thin to be loved, it's time to reexamine the relationship. The changes you make in your life must only be for you. Affirm your right to be loved— fat or thin!

Working Together With Your Family

Get Out of The Kitchen! When possible, ask other members of the family to take a turn at cooking meals. Nothing is more devastating to a diet than “taste as you go” cooking.

Minimize Clean Up Time. Do the dishes quickly and get on to another activity. Linger over the leftovers will only tempt you to clean the posts by eating what's left in them.

Fill Your Evenings With People And Activities. Do you eat out of boredom? That's easy to cure. Turn on your favorite music and take a hot bath. Ride your exercise bike while watching your favorite sitcom. The end of a productive day deserves some reward, but it doesn't have to be a hot fudge sundae.

Try Not to Shop for Food, But If You Must, Read the Labels and Become Aware of the Caloric Consequences of the Choices You Make. When eating out, be demanding. Ask for dressings on the side. Request small portions of lean meats. Ask for a doggie bag. If you can't resist the rolls and butter, have them removed.

Out of the House and Away From the Fridge! Plan evening walks, bicycle rides, sports related activities and the like. Changing the focal point of your family time from eating to activity will help everyone rethink their habits, and provide your with company as well.

Act Positively. Moaning and groaning about having to turn down chocolate cake will not elicit the sought after sympathy from your family. If your family sees that you seem happier, they will be more apt to support you and your new lifestyle.

Listen to Your Body. Learning to eat when you are hungry is difficult when you were raised to clean your plate. Start by leaving a spoonful of each item untouched at the end of every meal. When food is offered, stop and think “ am I really hungry?”, “is this item appealing?” if the answer to either of these questions is no, then why do I feel pressure to eat?

Healthy Lifestyles for Future Generations

Remember, all food behaviors are learned. In dealings with our children and grandchildren, we must not fall into the traps of our parents which may present them with obstacles to good nutrition and smart eating habits.

Self Talk

Talking to yourself is a valuable tool – as long as you know which messages to listen to and which ones to ignore! During the program, talking to yourself is encouraged as a means of talking yourself out of self-destructive behavior.

It is important to establish a strong bond between you and your inner voice. Each time you hear that negative voice in your mind begin to chip away at your resolve, you need to start that dialogue with your inner self.

You can have all the reasons in the world not to achieve your goal or you can accomplish it. It's that simple. You can say *"I'm not thin because I'm big boned,"* or you can just make up your mind to become a thin person you want to be – and do it!

Self Analysis

Once you decide to talk to yourself, listen carefully to what you say. You may be surprised to discover what your beliefs are. You may also be surprised to find out that you don't always behave in a way that supports your beliefs. Complete the following exercise.

Self Analysis Exercise	
What kind of person are you?	
What are your best qualities?	
What don't you like about yourself?	
Are you kind, caring and warm?	
Do you do things for others?	
Do you do things for yourself?	
Does financial success equal personal success?	
List three attributes of a good person.	

Did your answers surprise you? A careful analysis of your belief system may well lead you to question your behaviors and how they relate to your beliefs.

Creating a New You

Once you clarify exactly what your beliefs are, you need to modify your behavior. The most important gift you can give yourself is a strong concept of who you are. If there are aspects of your life that you are unhappy with, now is the time to identify them and chart out your course for change.

Vitamins and minerals play a key role in chemical reactions of the body. There are two classes of vitamins; water soluble (B vitamins and C) and fat soluble (vitamins A, D, E, & K). Water soluble vitamins circulate freely throughout your body and excesses are excreted in the urine, so that overdoses rarely occur. Fat soluble vitamins are absorbed and stored in the body. Due to this storage, consuming too much of a fat-soluble vitamin can be harmful.

Minerals form structural components in the body and participate in key chemical reactions. There are approximately 25 minerals that are important for good nutrition. And like fat soluble vitamins, some minerals are toxic if taken in excess (iron, copper, chlorine, magnesium, manganese, iodine, fluoride).

The Antioxidant Vitamins

Scientists have shown that with the help of antioxidant nutrients (vitamins C, E, beta carotene and selenium), our bodies are better equipped to prevent the development of certain chronic medical conditions including cancer, cardiovascular and immune diseases, cataracts and perhaps aging itself.

Our bodies can produce and take in from the environment substances called “free radicals.” These substances can damage important body tissues resulting in development of the medical conditions listed above. Studies have shown that the body defends against such damage with the help of antioxidant nutrients. It is believed that meeting the Daily Value or RDA for these nutrients is sufficient to provide these benefits. Food sources of antioxidants include fruits and vegetables, whole grain products and cereals, as well as fish and other seafood.

Calcium

It is critical that you consume adequate amounts of the mineral calcium to reduce your risk of developing osteoporosis, a disease which causes bones to become fragile, porous and more susceptible to fractures. In addition to helping to build strong bones and teeth, calcium also aids in muscle contraction and regulation of heart rhythm, the functioning of the nervous system, the activation of enzymes and blood clotting. A National Institute of Health Consensus Panel recommends 1000mg of Calcium or more per day for adults over the age of 19. Milk, yogurt and many supplements in the DECO Healthy Living Program are excellent sources of calcium. Vegetables (broccoli and kale), canned salmon, sardines and calcium fortified orange juice are also good ways to increase your calcium intake.

Choosing Healthy Alternatives

Eating a wide variety of foods is the best way to satisfy your body’s nutritional needs; however, it is difficult to consume all needed vitamins and minerals with a reduced calorie diet. Therefore, a multivitamin supplement is recommended. Here are some guidelines to help you overcome the challenge of choosing a daily multivitamin:

- Select a supplement which provides several vitamins and minerals rather than one pill for each vitamin and mineral you want to take. It’s not only easier to remember to take 1 pill daily, but it is also cheaper.
- Be sure to include fat soluble vitamins (A, D, E), B vitamins (thiamin, riboflavin, niacin, B6, B12, folate, pantothenic acid), Vitamin C and minerals (copper, iron, zinc).
- Look for a multivitamin that provides 100% of the US RDA or Daily Value for the major vitamins and minerals. However, remember that doses that are 5-10 times higher than the RDA may be harmful to you.

Determining Your Heart Rate

Aerobic activities can strengthen your heart. For an activity to be considered aerobic, it must be performed at an intensity that makes your heart work harder than it normally does. The intensity of an activity can be estimated using your heart rate. Calculate your heart rate in the space provided.

1. Subtract your age in years from 220 to estimate your maximum heart rate.
 $220 - \text{My Age} = \text{Max Heart Rate}$ $220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$
2. Multiply your maximum heart rate by 60% to find the lower limit of your aerobic intensity and by 90 to find the upper limit.
 Maximum Heart Rate $\underline{\hspace{2cm}}$ X .60 = $\underline{\hspace{2cm}}$ beats/minute (lower limit)
 Maximum Heart Rate $\underline{\hspace{2cm}}$ X .90 = $\underline{\hspace{2cm}}$ beats/minute (upper limit)

For the best heart-strengthening effects, your heart rate during an aerobic activity should be between these two numbers. Exercising continuously for 20 minutes, 3 days per week is the best way to improve your heart fitness. Exercising longer (30-60 minutes) is more helpful for weight reduction.

When Injuries Occur

If an injury causes radiating or severe pain and makes moving the affected body part difficult, and/or if swelling or numbness occur, see your physician as soon as you can.

For pain that develops gradually, REST. Stop exercising for a few days to let your muscles recover. Remember the following tips for treating minor pain and injuries.

Ice. Cold reduces swelling and relieves pain. Keep ice on an injured area for 10-20 minutes. (ice left on longer than 20 minutes can damage the skin and nerves). Reapply every few hours for 48 hours.

Compression. A towel/elastic bandage wrapped around the injured area helps reduce swelling and bruising.

Elevation. If you injure a limb, prop up the leg/arm to reduce swelling. Do not use heat! Heat increases blood flow and makes swelling worse. When swelling decreases, use heat to relieve pain, relax the muscles and reduce stiffness.

Once you are pain free, resume exercising lightly, include flexibility exercises in your program and gradually increase your activity level over the course of 2-3 weeks. To prevent re-injury, determine what originally caused your injury and correct the problem, if possible.

Activity

Increase your walking program to a 15 minute walk, 4 times per week. If you are already at this level, try a 20 minute walk, 4 times per week. Remember, to warm up and cool down. On the days you don't plan to walk, do at least two stretching exercises.

To assure that you are benefiting from the walking program, take your heart rate before, during and after your walking routine. Here's how to calculate your heart rate. Count your pulse for 10 seconds (to locate your pulse, gently press your index and middle fingers on your neck just below your jaw. Slowly slide your fingers toward the middle of your neck until you feel a pulse.) Multiple that number by 6 to determine the beats per minute.