

With the DECO Healthy Living Program, change begins with an exploration of your weight loss beliefs and expectations. When you understand your expectations, you're better able to achieve your goals.

Effective Weight Management Begins with Motivation

You'll learn ways of dealing with both the internal and external forces around you. By viewing these forces together, you can improve your chances for permanent weight management.

Self Control Begins with Objective Self-Observation

Permanent changes in weight behaviors are not possible without accurate self observation. The DECO Healthy Living Program relies heavily on record keeping and self-monitoring techniques that help you gain control of your problem.

Self Awareness

The phrase "know thyself" is especially pertinent to the overweight patient. In the DECO Healthy Living Program, your relationship with food will be explored in order to give you the tools to succeed in weight management.

Separating Fact from Fiction

During the DECO Healthy Living Program, you'll learn the truth about the risks of cyclical dieting, the starvation controversy, vitamin therapy, etc. You'll explore the effects of stress and highlight ways to minimize the effect upon your life.

Nutrition Information

You'll be in the know with up-to-date information on the latest trends and research on nutrition related topics..

DECO Healthy Living Program Total Control Objectives
Identify and control food cues
Reduce fat to 30% of total calories
Balance caloric intake with exercise
Lower saturated fat to 10% of total calories
Restrict cholesterol to no more than 300 mg per day

The process of "Total Control" is a permanent lifestyle change which takes many weeks. Your condition established itself over a long period of time. It is unrealistic to expect that it will resolve itself quickly.

Permanent weight management depends on lifestyle changes. The modifying of behavior may be difficult and time consuming, however, it is the only sure way to attain total control.

Long term weight loss can't be accomplished by dieting alone. There is only one way to maintain weight loss: decreased calories and increased activity.

The Benefits of Exercise

When you exercise regularly you reduce your risk of heart disease, lower your cholesterol and blood pressure, ease shortness of breath, and relieve stress on joints. Exercise also raises your metabolism. Not only do you burn calories during your workout, but you also use more calories all day long because exercise builds muscle and muscle always uses more calories than fat.

Inactivity can actually be an appetite stimulant. A program of regular, moderate exercise will increase your metabolism, burn excess fat, build lean muscle and decrease your appetite.

Getting Started

Getting started is easy. At first, you'll increase incidental activity, which means walking down stairs rather than taking the elevator and parking in the farthest space from the store rather than the closest. Next you can begin a program of regular walking.

Exercise Facts and Fallacies

No Pain, No Gain

False. Exercising to the point of discomfort can signal bone, joint and muscle injury.

Drinking Liquids While Exercise Causes Cramps

False. The cramping often seen during exercise means you need water!

You Can "Sweat" the Weight Off

False. Perspiration loss during exercise can account for some temporary weight loss. Don't be fooled though, it will be "regained" with the first glass of water you drink.

Exercise Makes You Hungry

False. Moderate activity will not increase your appetite. Exercising fuels feelings of control and accomplishment. Additionally, when you're exercising, you're not near the fridge!

Sport Reducing Eliminates Fat Deposits in Problem Areas

False. Sport reducing can tone and firm an area to make it look thinner, but if there is excess fat in the area, it will never look as firm as you want with sport exercises alone.

Cellulite is Not the Same as Other Fat

False. Fat, by any other name is still fat. While it is true that some areas of the body are more resistant to fat loss than others, no manner of creams or massages will reduce or eliminate the dimpled, fatty deposits dubbed cellulite. The only way to shed these fat cells is through the same program of diet and exercise you're using for generalized weight reduction.

Your Scale is the Best Measure of Your Exercise Program

False. When you exercise, heavier, lean muscle tissue increases while the lighter, fat is lost. In fact, you may even gain a pound or two when you start to exercise. Measure your success by evaluating the decrease in your body fat instead of just checking the pounds.

Healthy eating is a balancing act. Choosing a healthy variety of foods to supply the nutrients you need, without taking in too many calories or too much fat, cholesterol, sugar or sodium can be a challenge! The food news is, the U.S. Dietary Guidelines provide recommendations to help you make healthy food choices and achieve a healthy lifestyle.

Dietary Guidelines

- Make smart choices from a variety of foods in each food group while staying within individual caloric needs.
- Find a balance between food/beverage intake and physical activity.
- Engage in regular physical activity to promote health, psychological well-being and a healthy body weight.
- Consume the recommended servings of fruit, vegetable, grain (whole grains) and dairy (low fat) groups.
- Keep the total fat intake between 30 % of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetables oils and few fats coming from saturated fat, trans fat and cholesterol.
- Choose fiber rich fruits, vegetables and whole grains often and choose/prepare foods and beverages with little added sugars/caloric sweeteners.
- Consume less than 2,300 mg (about 1 teaspoon) of sodium per day by choosing/preparing foods with little salt. In addition, consume potassium rich fruits and vegetables.
- Those who choose to drink alcoholic beverages should do so sensibly and in moderation. This is defined as up to one drink per day for women and up to two drinks per day for men.
- Learn and know how to handle, store and prepared foods safely to avoid food borne illnesses.

NOTE: The above are only summarized key points. You are encouraged to read the full document of The Dietary Guidelines For Americans 2005.

The DECO Healthy Living Program meal plan helps you meet the Dietary Guidelines so you can eat healthy with ease. The meal plans are based on servings from all the food groups to achieve a healthy diet.

Your DECO Healthy Living Program meal plans are designed so that you don't have to keep track of your food groups. Be sure to follow your meal plans and consume the appropriate number of protein supplements products. Your meal plan helps ensure proper nutrient intake and healthy while losing weight. In addition, the protein supplements promote satiety, making it easier for you to stay on the program.

Practical Tips

While it's important to know what kinds of food to eat, it's equally important to know how much of these foods to eat. To avoid overestimating, familiarize yourself with what a serving size actually looks like. For the next week, measure your food using appropriate measuring cups, spoons, and if available, a food scale. Try guessing the amount first, and then measure the food item to see how accurate you are. It won't be long before you can out aside your measuring cups and food scales.

Helpful Hints for Developing Your Visual Judgement of Serving Sizes

1 oz. meat/cheese = size of your thumb

½ cup pasta = ice cream scoop

4 oz. meat/cheese = deck of cards

1 tsp = tip of your thumb

1 piece of fruit = tennis ball

Exercise Let the Pleasure Begin

The most important reason to exercise is to strengthen your heart. Whenever you exert yourself (even walking upstairs), your heart pumps extra oxygen-rich blood throughout your body. Since muscles need oxygen-rich blood in order to contract, the stronger your heart, the stronger your muscles. And, research shows that people who exercise feel happier and more positive about themselves. So a daily exercise routine will help you:

- Feel better You will feel more alert and energetic and your muscles/joints will be more flexible and less tense
- Achieve success Consistent physical activity is the number one predictor of successful weight loss maintenance.

Different Types of Exercise

In an exercise program, you will build your aerobic fitness, strength and flexibility. Walking will help build your aerobic fitness – or how well your heart and lungs deliver blood and oxygen to working muscles. Aerobic exercise is the best way to strengthen your heart, which helps make daily tasks seem easier and decrease your risk of developing heart disease.

Other activities help you achieve balanced muscle strength which helps prevent injuries. And, since muscles burn nearly three times as many calories as fat – even when you are not exercising – muscles also help with weight maintenance.

To increase your flexibility, stretching exercises also need to be included. When joints are flexible, they feel loose and are less prone to injury.

Check With Your Doctor

But before you begin exercising, check with your physician first! Make sure you are medically able to begin an exercise program.

Getting Started

START SLOWLY. If you do too much too soon, you may become sore and tired and may also run the risk of injuring yourself. No pain, no gain is not true! With any exercise program, you should gradually increase your physical activity level and changing your behavior gradually helps you make these changes permanently.

When you begin to increase your activity level, you may feel out of breath for the first few minutes. Don't be afraid or let this temporary discomfort discourage you. Within 10 minutes or so, your breathing usually becomes more regular and your heart settles into a comfortable, elevated rate. This is when the pleasure begins! If you only exercise for 5 minutes, you probably won't experience this enjoyable phase. So, make sure you give yourself the gift of time To experience the enjoyment of exercise!

Activity

To get started, consider the list of activities below. Each day, pick at least one to increase your activity level.

- Take the stairs versus the elevator
- Walk up and down a flight of stairs 5 times during each tv commercial
- Park your car as far away as possible from your destination
- Do 5 jumping jacks before brushing your teeth
- Take a walk after lunch/dinner