

# THE BARIX™ SUPPORT GROUP GUIDE

For Education and Support of all Barix Clinics Patients



## STRENGTH TRAINING

*An Essential Factor in Your Fitness Program!*

**S**trength training uses resistance methods like free weights, weight machines, and resistance bands to build muscle and strength. Strength training was once reserved solely for competitive athletes and bodybuilders, but the benefits to strength training for the average person should not be underestimated. The Center of Disease Control and Prevention notes that there are numerous benefits to strength training regularly. It is now realized to be an essential part of any fitness program. Benefits to strength training include:

### **PROPER WEIGHT MAINTENANCE**

Strength training is crucial to weight control, because individuals who have more muscle mass have a higher metabolic rate. Muscle is active tissue that consumes calories while stored fat uses very little energy. Strength training can provide up to a 15% increase in metabolic rate, which is enormously helpful for weight loss and long-term weight control.

### **IMPROVED GLUCOSE CONTROL**

More than 14 million Americans have type II diabetes—and the numbers are steadily climbing. Fortunately, studies now show that lifestyle changes such as strength training have a profound impact on helping adults manage their diabetes. In a recent study, 16 weeks of strength training produced dramatic improvements in glucose control that are comparable to taking diabetes medication. Additionally, the study volunteers were stronger, gained muscle, lost body fat, had less depression, and felt much more self-confident.

### **HEALTHY STATE OF MIND**

Strength training provides similar improvements in depression as anti-depressant medications. Currently, it is not known if this is because people feel better when they are stronger or if strength training produces a helpful biochemical change in the brain. It is most likely a combination of the two.

### **SLEEP IMPROVEMENT**

People who exercise regularly enjoy improved sleep quality. They fall asleep more quickly, sleep

more deeply, awaken less often, and sleep longer. As with depression, the sleep benefits obtained as a result of strength training are comparable to treatment with medication but without the side effects or the expense.

### **STRENGTHENING OF BONE**

Post-menopausal women can lose 1-2% of their bone mass annually. A study conducted at Tufts University, showed that strength training increases bone density and reduces the risk for fractures among women.

### **HEALTHY HEART TISSUE**

Strength training is important for cardiac health because heart disease risk is lower when the body is leaner. The American Heart Association recommends strength training as a way to reduce risk of heart disease.

### **SLOWING THE AGING PROCESS**

Scientific research has shown that exercise can slow the physiological aging clock. Lifting weights two or three times a week increases strength by building muscle mass and bone density.

*Continued on Page 2*

Continued from Page 1

### ARTHRITIS RELIEF

In a recent Tufts University study, older men and women with moderate to severe knee osteoarthritis completed a strength training program. The results showed that strength training decreased pain by 43%, increased muscle strength and general physical performance, improved the clinical signs and symptoms of the disease, and decreased disability. The effectiveness of strength training to ease the pain of osteoarthritis was just as potent, if not more potent, as medications.

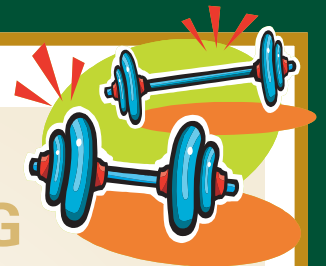
### RESTORATION OF BALANCE AND REDUCTION OF FALLS

As people age, poor balance and flexibility contribute to falls and broken bones. One study in New Zealand with women 80 years of age and older showed a 40% reduction in falls with simple strength and balance training.

Feeling better and looking better — there is nothing more satisfying than the feeling after a good workout. There are several options to get you started. Find the one that is best suited for you and get started on a lifestyle habit that will add energy, self-confidence, improved health, and years to your life.

- *Join a fitness center, YMCA, or local gym.*
- *Utilize a trainer.*
- *Videos can be rented or purchased to teach you technique.*
- *Books can be checked out from the local library or purchased.*
- *Community education programs may offer strength training classes.*
- *Local schools or colleges often open their facilities to the public.*

## Myths REGARDING STRENGTH TRAINING



- ***Strength training will create large, unattractive muscles in women.*** For the vast majority of women, this is genetically impossible.
- ***Many repetitions with very low weight is the right way for women to lift weights.*** In order for a muscle to stronger, you must lift enough weight to create muscle fatigue.
- ***Strength training is very time consuming.*** Most fitness experts agree that thirty minutes 2–3 times each week is adequate to strengthen and build muscle. Work to increase the effectiveness of your training if time is at a premium. You can do this by working several muscles with one exercise. A great example of this are squats, which work the quadriceps, hamstrings, buttocks and calves at the same time. You can also limit your resting time between exercises. As you progress, look for ways to work more intensely, rather than adding more exercises.
- ***Strength training will turn your fat into muscle.*** Fat tissue and muscle tissue are two distinct

types of tissue in your body. You cannot turn fat into muscle or vice versa. What does happen is that through strength training, muscle is built and strengthened. This can increase metabolism, allowing weight loss (fat tissue loss) to occur.

- ***Strength training is for young people.*** It is never too late to improve your fitness level through a balanced exercise program that includes strength training. Check out your local gym. You might be surprised to see a wide range of ages enjoying the rewards of strength training.
- ***Strength training is expensive.*** Muscles respond to the stress applied to them. Dumbbells are just as effective as expensive machines.
- ***The more protein you eat, the more muscle you will build.*** Excessive protein will be used for energy or converted to fat for storage. Your body needs to be in a positive protein state to build muscle. Your Barix Nutritionist can help you determine an adequate protein level.

## HEALTHFUL Tidbit

**R**eady to take the challenge? The President's Challenge is an effort to help improve the fitness of our citizens. There are two programs, the *Active Lifestyle* program aimed at beginners and the *Presidential Champions* program for those wanting to expand their current activity level. The *Active Lifestyle* program encourages 30 minutes of activity daily, five or more days each week, for a period of six weeks. There is a huge list of activities that count.

To track your activity, you enter it on the web site. Patches and medallions are awarded to those reaching their goals. Individuals or groups can sign up for the challenge. What a great way for support group members to encourage each other to increase activity! You can get more information at [www.presidentschallenge.org](http://www.presidentschallenge.org).

**You're it.  
Get fit!**

# WHAT'S *New!*

**D**uncan Hines Carb-Meter™ yellow cake mix is a low sugar alternative for your dessert recipes. It is sweetened with sugar alcohol, so watch your portion if you are sensitive to the gastric side effects of sugar alcohol. Following the directions yields 15 grams of fat per serving. Make a simple substitution of applesauce (no-added-sugar of course) for the vegetable oil and decrease the fat to 5 grams. Serve with fresh strawberries and Lite Cool Whip™ or use in the Dump Cake recipe below. Unfortunately, the Carb-Meter™ chocolate cake mix is higher in added sugars.

## IT WORKED FOR ME

**I**eat meals on beautiful, small-sized plates and bowls. I enjoy desserts such as no-added-sugar mousse and fresh fruit in pretty wine glasses. Eating from nice dishes makes each meal feel like a celebration and distracts me from the fact that I'm eating less.



### Dump Cake

Submitted by Kelly S.

- 1 package Duncan Hines Carb-Meter™ Yellow Cake Mix
- 1 can (20 oz) crushed pineapple, packed in juice
- 1 can (20 oz) no-added-sugar cherry pie filling
- 1/2 cup applesauce, no-added-sugar
- 1/2 cup pecans, chopped

Spray an 8 or 9-inch square pan with cooking spray. Dump the cake mix in the bottom of the pan. Spread the pineapple evenly with its juice over the mix. Add in the cherry pie filling and spread evenly. Top with applesauce in even dollops. Sprinkle with pecans. Bake at 350 for 1 hour and 10 minutes. Makes 9 servings.

**NUTRITION INFORMATION PER SERVING:** 206 calories, 3 grams protein, 6 grams fat, 42 grams carbohydrate, and 273 mg sodium.



To receive a free **RECONSTRUCTIVE SURGERY GUIDE**, **CALL 800-282-0066** or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information.

Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Illinois—and we are planning to expand our program at Scottsdale, AZ, Langhorne, PA, and Wylie, TX facilities in the next few months.

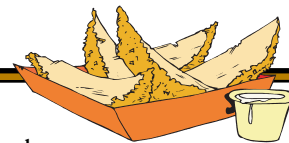
### Cheesy Potato Wedges

- 1 24-ounce package frozen potato wedges with the skins on
- 2 Tbsp. vegetable oil
- 4 cloves garlic, minced
- 1 tsp. paprika
- 1/2 tsp. salt
- nonstick cooking spray
- 1 cup cheddar cheese, shredded
- 2/3 cup croutons, crushed
- 1/2 cup sour cream, optional

Preheat oven according to package directions for potato wedges. Combine vegetable oil, garlic, paprika and salt. Put into a zip-lock plastic bag and add potato wedges. Seal bag and shake to coat potatoes. Spray a large cookie sheet with nonstick spray and place a single layer of potato wedges on it. Bake potato wedges according to package directions, turning once.

In another small bowl, combine crushed croutons and shredded cheese. Sprinkle over the potatoes for the last three minutes of cooking. Transfer potatoes with a spatula onto a large plate for serving, keeping them in a single layer. Serve with sour cream if desired. Makes 8 servings.

**NUTRITION INFORMATION PER SERVING:** 165 calories, 1 gram protein, 8 grams fat, 19 grams carbohydrate, 15 mg sodium.



Special thanks to Kelly S. for the recipe. Please send comments, ideas, recipes, and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

## OTHERS CARE. PLEASE SHARE.

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story on the "Share Your Success" section of the Patient website. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

**REFER a Friend: Call 800-282-0066 or REQUEST a FREE INFORMATION GUIDE for a FRIEND: [www.barixinfo.com/sgg](http://www.barixinfo.com/sgg)**



**BARIX CLINICS™**  
America's Leader in Bariatric Surgery