

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Movement Motivation

We all know the amazing benefits of a regular exercise program. They include more energy, a streamlined waistline, an improved mood, more sound sleep, reduced stress and anxiety, strengthened heart and muscles, improved self-esteem, improved productivity, lengthened lifespan, and an improved quality of life. Yet with the other demands of life, exercise doesn't always get the time it deserves. For this reason, here are 28 ways to find and keep your movement motivation high.



Before starting an exercise program, check with your family physician and/or bariatric surgeon. If you have knee, back or other limitations, consider asking your family physician for a physical therapy referral. A physical therapist can help you to design a fitness program around your limitations.

- 1) Find your reasons for exercising. Write down every reason that you have for wanting to exercise. You should have a pretty extensive list if you take the time to think of all the benefits you will gain from a regular exercise program. Your list may include health benefits, increased energy to do the things you love to do, being able to wear different clothing, being able to participate in activities, decreased stress, etc. Keep this list handy for times when your motivation wavers.
- 2) Let music set the tone and pace of your exercise. Feel yourself pick up the pace as a favorite song plays.
- 3) Books on tape are a great way to add to your workout enjoyment. It's hard to stop when you are in the middle of the chapter—you might as well keep exercising until you get to the end.
- 4) Exercise with a friend. Not only can you enjoy each other's company, but you can also keep each other accountable.
- 5) Exercise 6–7 days a week rather than 3–4 days a week. Daily exercise produces a habit much faster and the benefits show up more quickly, fueling motivation.
- 6) Get organized. Have your workout clothing, music, and water bottle ready to go ahead of time.
- 7) Set up a consistent time of day. Choose the time of day when you feel the most energetic.
- 8) Don't be a fair weather exerciser. If you are an outside exerciser, have an indoor back-up plan for bad weather situations.
- 9) Train for a local 5K or 10K walk or a benefit walk.
- 10) Reward yourself. Consider putting a few dollars in a jar each time you exercise—buy yourself a non-food reward as the money adds up.
- 11) Commit to an exercise program. Schedule it. Commit to it.
- 12) Set and measure goals. Set short-term measurable goals. These smaller goals will lead to long-term gains.
- 13) Track your progress. It is motivating to see yourself meeting the goals that you have set. You may not see the scale move quickly, but you can see on paper that you are able to easily walk for 2 miles while a month ago you could only walk 1 mile.
- 14) Think of exercise as a journey, rather than a destination. If you miss a day due, don't give up. It is all a part of the road that will take you to a healthier life.

- 18) Use positive self-talk to motivate yourself. Try something like, “I am getting stronger every day,” or “I am making a big impact on my health and well-being.”
- 19) Visualize yourself reaching your goal.
- 20) Read health and fitness magazines. They often have success stories and articles that motivate.
- 21) Rather than reaching for an unhealthy way to unwind, go for a quick walk. Exercise is one of the best stress managers around. There’s nothing like a good workout to think through a problem and come out with a new perspective or game plan. Stress hormones are decreased and feel good hormones increased when you exercise.
- 22) Enjoy the quiet “you” time of exercise. Think of it as an opportunity to get away from all of the chaos around you and do something nice for yourself.
- 23) Consider a coach or trainer to get you started and to keep you motivated.
- 24) Take a class—yoga, spinning, Pilates or cardio—you choose. You’ll be motivated to show up and work out.
- 25) Use motivational quotes. Post them on your computer screen, in your bathroom, in your car or anywhere you will see them throughout the day.
- 26) Think about the biggest obstacles in your way to consistent exercise. Make a list of ways to overcome them.
- 27) Reduce the amount of time that you spend watching TV. Not only is TV a time and energy zapper, it also encourages snacking and the advertisements bombard you with food, food and more food.
- 28) Involve your friends and family to either cheer you on or join you. Your children can benefit from time with you; you can model a healthy activity level and the benefits of increased activity to their bodies—try to find a type of exercise that includes them.

RECIPES



APPLE GLAZED BARBEQUE CHICKEN

- 6 oz frozen 100% apple juice concentrate, thawed
- 1 tablespoon cider vinegar
- 1 teaspoon dried thyme
- 6 boneless, skinless chicken breasts (4 ounces each)
- 1/8 teaspoon hot pepper sauce
- 2 tablespoons Splenda® sweetener
- 1/4 cup ketchup

In a small saucepan, combine the apple juice concentrate, Splenda, ketchup, vinegar, thyme and hot pepper sauce. Stir over medium heat until heated through. Remove from the heat and cool to room temperature. Place the chicken in a 13 x 9 inch baking pan and cover with 1/2 of the sauce. Turn to coat both sides. Cover and refrigerate the chicken and remaining sauce for 4 to 24 hours.

Cook the chicken on the grill, brushing with the remaining sauce until the chicken is cooked through and an internal temperature of 180 degrees F is reached. Makes 6 small servings.

NUTRITION INFORMATION PER SERVING: 253 calories; 33 grams protein; 5 grams fat; 17 grams carbohydrate; 206 mg sodium.

FLUFFY PEANUT BUTTER DIP

- 1/2 cup creamy peanut butter
- 8 oz vanilla yogurt (no-added-sugar)
- 1/8 teaspoon ground cinnamon
- 1/2 cup Sugar Free Cool Whip®
- 4 apples, sliced

Place peanut butter, yogurt, and cinnamon in bowl and mix well. Gently add Cool Whip and stir until blended. Refrigerate until chilled. Serve with apples. Makes 12 (2 tablespoon) servings.

NUTRITION INFORMATION PER SERVING: 107 calories; 3 grams protein; 12 grams fat; 12 grams carbohydrate; 58 mg sodium.

SUGAR FREE APPLE CRISP

- 4 cups sliced tart apples (about 4 medium)
- 3/4 cup Splenda®
- 1/2 cup flour
- 1/2 cup oats
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon ground nutmeg
- 1/3 cup margarine or butter, softened

Heat oven to 375 degrees F. Arrange apples in greased 8 x 8 x 2 inch pan. Mix the remaining ingredients and sprinkle over apples.

Bake until golden brown and apples are tender, about 30 minutes. Serve warm with a dollop of sugar free Cool Whip®. Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 217 calories; 2 grams protein; 11 grams fat; 42 grams carbohydrate; 93 mg sodium.

BAKED APPLES

- 2 baking apples (Jonathan apples work well), washed and cored
- 1 can diet strawberry soda
- Sprinkles of cinnamon

Preheat oven to 375 degrees F. Place apples in a 9 x 13 inch pan. Fill the centers of the apples with the sugar free soda, allowing the excess to spill into the pan. Bake for 40-45 minutes, spooning pop over apples every 10 minutes. Bake until the apples have split skins. Sprinkle cinnamon over apples and top and serve warm. Makes 2 servings.

NUTRITION INFORMATION PER SERVING: 81 calories; 0 grams protein; 1 gram fat; 42 grams carbohydrate; 0 mg sodium.

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RECONSTRUCTIVE SURGERY

To receive a FREE RECONSTRUCTIVE SURGERY guide, call 800-282-0066 or send us an email at rc@barixclinics.com with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. *Call us today for more information!*

OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to http://www.barixclinicsstore.com/share_your_story.html. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative at 800-282-0066

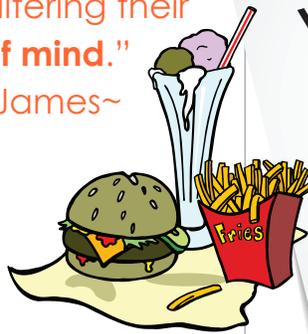


"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."

~William James~

IN THE NEWS

The Center for Science in the Public Interest found that kids eat an average of 167 restaurant meals in a year. Some of those meals contain more than 1,000 calories. That is more calories than some kids need in an entire day. David Zincenko decided to take action and write a book, *Eat This, Not That! For Kids!* to help parents choose better meals for their kids. Although at times, his recommendations are the lesser evil rather than truly healthy food choices, it is a great education piece. The book contains pictures, nutrition facts and recommendations. What a great opportunity to talk with your children about the foods that they are eating, portion sizes, nourishing their bodies, and beginning to take responsibility for lifestyle habits that support a healthy weight.



IT WORKED FOR ME

Submitted by Louise B.

I have always had low iron levels. I tried the liquid iron supplement, HemoStat, but the taste was too strong for me. Then I tried a medicine syringe—I just squirt the HemoStat in the back of my mouth, past my taste buds. It works great. I am looking forward to seeing my iron levels come up for the first time.

WHAT'S NEW?

Add a kick to your smoothies and favorite foods

Matrix 5.0 is now available in smaller containers. Your favorite great tasting protein is now available in a convenient 2# tub. The same company is bringing you an unflavored protein supplement—great to add to your favorite food or smoothie.

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it."

~Plato~

CONSIDERING SURGERY

You've met the surgeon and learned more about the surgery at your consultation. You may be ready to have surgery and start your new life tomorrow. However, for most there are a few more steps that still need to be completed. This time will be busy getting all of your ducks in a row with your insurance company and completing medical clearances. Here is an idea of what still needs to be done. Keep in mind that there are differences in insurance company requirements and medical clearances required (depending upon your health status). The group practice can help to clarify any questions that arise. They are there to support you as you count down to surgery.

INSURANCE

Commercial Insurance: The information collected at the consultation is sent to our insurance department. Once our insurance department has received documentation that you have met your insurance company's requirements (the requirements vary from insurance company to insurance company), they will request a provisional insurance approval letter from your insurance company. This letter will indicate that they agree the procedure is medically necessary. This approval can take 90–120 days. You should receive a copy of this approval letter from your insurance company. Please call your insurance coordinator at 1-800-282-0066 with questions regarding the INSURANCE APPROVAL. After receiving this approval letter, we will talk to your insurance company and determine your benefits and your financial responsibility for this surgery. Because you are responsible for any amount not covered by your insurance company, you should also research your benefits, deductible and out-of-pocket expenses.

OHIP Insurance: (Ontario residents only) Your primary care physician must complete the OHIP application form for out of country services and fax to the Ministry of Health. Barix does not complete this form. OHIP will notify you, your primary care physician and us of your approval.

Private Payment Option: (Those without commercial insurance or with a direct exclusion on their insurance policy). Contact your Patient Service Representative if you would like more information.

MEDICAL CLEARANCES

The medical clearances requested by your surgeon at the consultation must be completed prior to scheduling surgery. Copies of the medical clearances must be sent to us and reviewed by your surgeon. Call the group practice with questions regarding medical clearances or if you need help finding providers to complete the clearances.

If you are diagnosed with Sleep Apnea, you will have to treat this condition prior to surgery. Be sure to bring your c-pap machine with you on the day of surgery.

Notify the group practice if there is any change in your medical condition that causes you to seek medical care or evaluation for a new medical condition.

You must stop smoking at least 6 weeks prior to your surgery.

SURGICAL SCHEDULING

After insurance approval has been received and medical clearances have been completed, the scheduler will call you to schedule pre-admission testing and a tentative date for surgery.



PRE-ADMISSION TESTING

Pre-admission testing is typically scheduled 2 weeks prior to surgery. It includes a nursing assessment, lab tests, ultrasound of your gallbladder, nutrition counseling, pulmonary function test, chest x-ray, electrocardiogram (EKG), and physical exam by our physician.

REWARD YOURSELF

This month, you could earn a **SPECIAL GIFT** for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by September 30, 2008. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

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