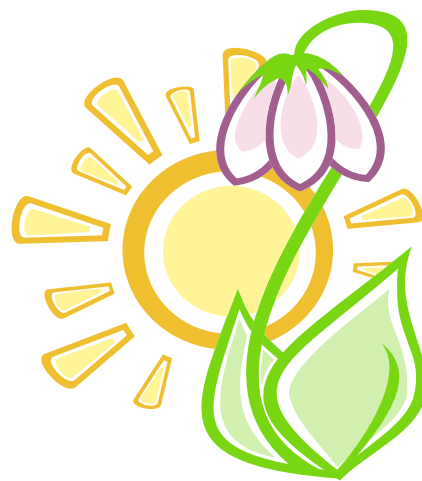


ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Keeping the Commitment



Weight loss surgery is a major life event—one that comes with a lot of excitement and a high commitment to the behaviors that enhance the effectiveness of the surgery. As time goes on, that peak commitment level may wane without conscious and consistent attention. And keeping a high level of commitment is essential to long term success. So, the question is, how can you keep your commitment to behaviors that support a healthy weight at a peak level months and years after surgery? Read on for ideas that can help you do just that.

If you keep the BIG picture in mind (why you had surgery), the little daily habits become easier.

Make a list of all of the reasons you wanted weight loss surgery in the first place. Specific health concerns, a desire to feel “normal,” a desire for more energy, wanting to be a role model for children, wanting to live longer, a desire for better health, and wanting a better quality of life are just some of the reasons that people have surgery. Don't lose sight of these reasons. Print them; post them; read them daily. These are your reasons to stay committed to the behaviors that support a healthy weight.

Stay connected to other weight loss surgery patients and to Barix health care professionals.

You can do this by attending a local support group, developing relationships on the Barix Connection message

boards, Barix Clinics Facebook group, Barix Clinics MySpace page, being inspired by monthly success stories, emailing an accountability buddy, reading the *On Track With Barix* monthly newsletter, attending scheduled follow up visits, and offering support to others considering surgery or just having surgery. This connection to others (both giving and getting support) will help you to keep healthful lifestyle habits as a top priority.

Let's be honest—healthy bodies don't just happen.

You need to set goals and make a plan. You need to be willing to put in the time and effort to make it happen. Know where you are going (a specific weight range, resolution of a medical condition, the ability to participate in activities without the restrictions of obesity, etc) and the steps that are going to take you there.

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Knowing where you are going
and having **a plan** to get
you there gives you something
specific to commit to.

The tool of bariatric surgery greatly increases the odds that you will indeed reach your goal, but don't forget about the powerful role that your everyday behaviors have. Knowing where you are going and having a plan to get you there gives you something specific to commit to.

Don't wait for motivation. Just do it!

You may never feel highly motivated to do some of the things that help you reach and maintain your weight loss goal. Let's use the Barix recommendation of eating six small high protein meals as an example. Those who have gastric bypass or gastric sleeve surgery may not be cued to eat by physical hunger. In fact, they are most likely going to need to learn to eat based upon the clock rather than physical signals. Those who have had an adjustable band placed may have a difficult time with solid food in the morning and may need to choose a protein drink, yogurt or other full liquid for breakfast. In both cases, planning ahead and packing meals and snacks to eat throughout the day is almost a requirement.

Without physical cues but with increased restrictions in the morning, you have to make a conscious decision to plan ahead and just get it done. Make the decision to eat six small meals daily, shop for portable meals and snacks, pack your food the night before, grab and go each morning. After a time, you will realize that this is a habit, you don't need motivation, you don't even think about it much—you just do it.

Work toward a fitness goal.

It may be walking for a cause, running a 5k, walking the 3 mile loop in your neighborhood, taking 4 flights of stairs at work without being winded, or walking 10,000 steps a day. Setting a goal can help you be more consistent and stay committed. Consider working out first thing in the morning or at least as early in the day as possible.

This helps to set up a high-energy day and reduces excuses for not exercising. Take an exercise class or hire a personal trainer to increase your commitment level.

Fill your mind with positive thoughts.

Design a mantra to repeat during times of temptation or when feeling down. It may be something like, "I am going to be healthy and nothing is going to stop me." Surround yourself with others who choose a healthy lifestyle and a positive attitude—it is catchy. Stand up to those who tempt you to stray. Answer those *just this once* and *a little won't hurt you's* with a positive, yet firm, *no, thank you*. Stay positive, surround yourself with positive people and stand up to those who try (whether well-meaning or not) to break your resolve. You'll feel a sense of confidence that will spur you on and keep your commitment firm.

**Surround yourself
with others who
choose a healthy
lifestyle and a
positive attitude**

Draw a line in the sand.

Make some firm choices about foods you will not consume and make the decision not to cross the line. Now, realistically, if you tolerate a few bites of candy, cake or dessert, is it going to make a long-term difference in your weight? Probably not—but if you choose a soft serve ice cream cone here, a couple of Hershey's Kisses there, servings of birthday cake at office and family parties, or regular pop at the basketball games—pretty soon the bad habit will be sneaking in all over the

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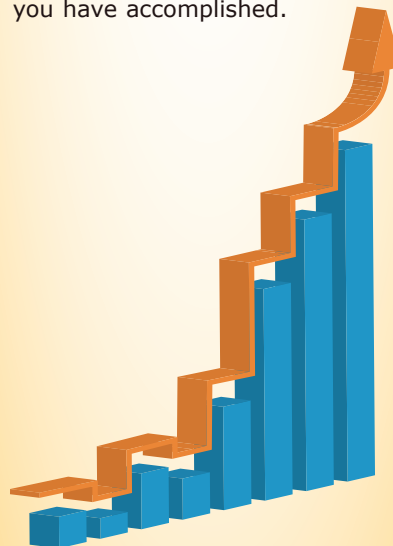


Log it.

Studies show that writing down food intake and exercise can have a big impact on weight loss—up to 100% greater weight loss compared to those who don't keep food and activity logs. Why does this work so well? It keeps us honest. If you have to write it down, you may think twice about what you order or you may push aside the excuses and don walking shoes.

Chart your progress and see how each of the little steps taken along the way adds up to big changes.

Progress can be charted in weight lost, inches lost, miles walked, protein grams consumed, glasses of water per day, number of medications required, blood sugar levels, or minutes exercised. Producing a graph from your data is a great way to visualize progress. Post your chart or graph in a conspicuous place and you'll have a frequent reminder of what you have accomplished.



“Desire is the key to motivation, but it’s the **determination and commitment** to an unrelenting pursuit of **your goal** that will enable you to attain the **success** you seek.”

-Mario Andretti - race car driver

place and sabotaging weight loss. Keep some sugar-free (or no-added-sugar) alternatives handy for such occasions so you can join in without crossing the line.

Blogging your weight loss journey can be inspiring.

Including pictures along the way provides a very powerful reminder of the physical changes that you are going through. With each new *wow moment*, smaller clothing size, discontinued medication, overcome food craving or physical feat comes a renewed sense of empowerment. This can result in a new dedication and commitment to doing what you have to do each and every day to achieve your goals.

Celebrate your success.

Success comes in many forms, not just as a number on a scale. What does success mean to you? Define it and reward it often. Add 15 minutes to your walk—add a new song to your iPod. Start having a protein shake instead

of skipping breakfast—soak in a bubble bath for 20 minutes. Take a no-added-sugar dessert to a picnic—indulge in a small serving. Lose 20#—purchase a new top. Every day should include at least one small celebration of your success.

You are on a great journey—a lifelong journey—a journey that is taking you to a healthier existence.

It is not a fad diet that you are going to follow for a while. Reaching and maintaining a healthy weight requires a daily commitment to the behaviors that support it. The long term results are well worth the dedication and commitment to the changes required. Focus on the positive changes and healthful everyday behaviors. Celebrate your commitment and success. Make it fun. Set some firm goals and stick with them. Don’t wait for motivation—just do it. Log it, blog, it chart it and photograph it. These are the things that will keep you committed for months and years to come.

WHAT'S NEW?

Celebrate Bariatric Supplements

Vitamin and mineral supplements are critical to ensure your health following weight loss surgery. Celebrate bariatric supplements have been specifically developed to provide the level of supplementation you now require.

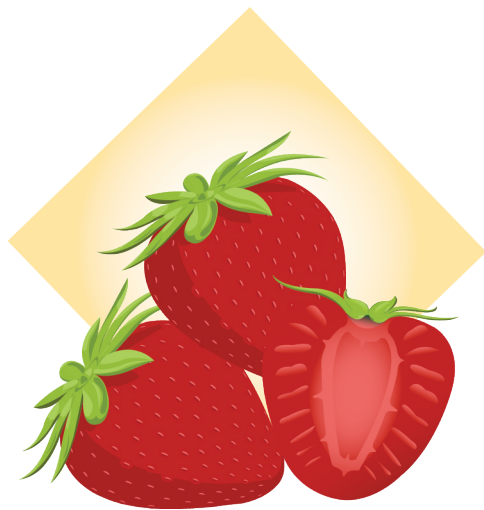
Great nutrition. Great taste. Great price.

Now available online at www.barixclinicsstore.com, or in the lobby store at Forest Health Medical Center.



Every day should include at least one small celebration of your success.





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 March 31, 2009. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at dhart@foresthealth.com.

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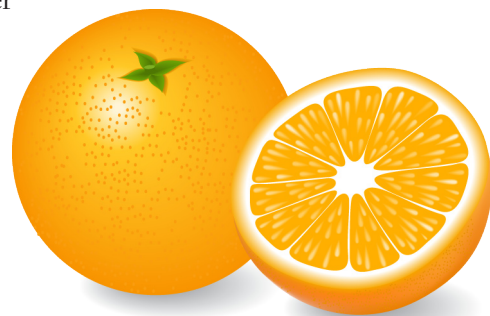


IT WORKED FOR ME

Wisdom from the Barix Clinics Message Boards-Barix Patients Supporting Barix Patients

Submitted by Nicole H.

I started to look at food differently and that has made all the difference for me. I began to look at how a food would nourish my body—basically what it would do for me. As I look at a glass of skim milk, I think of the protein that is helping my muscles and the calcium making my bones strong. Green beans bring to mind vitamins and fiber, making my body strong and regular. A piece of cake conjures the image of fat on my hips, rotten teeth and feeling sick. It is easy to imagine the fat from a greasy burger floating through my blood vessels, getting stuck to the walls. Looking at food in this way has given me a much greater appreciation of the healthy foods that surround me. It has also made it easy to walk away from the foods that might initially taste great, but that have a bitter consequence.



CONSIDERING SURGERY

Choosing whom to tell about your upcoming bariatric surgery is a very personal decision. Some people are very open and tell family, friends and co-workers. On the other extreme, some tell no one—not even their spouses. Most people are selective with whom they choose to share their decision. As you make up your mind, consider:

- Do you want to go through this journey with these people by your side?
- Can they relate to the frustrations that obesity has brought to your life?
- Are they likely to be supportive or negative?
- Will they be overly concerned with your well-being?
- Will they be jealous of your weight loss success?
- Is their overall attitude towards weight loss surgery more positive or negative?

When you've chosen the people you want by your side along this weight loss journey, make sure that they have enough information to feel comfortable with your decision. Take them to the group consult with you. Give them information to read. Have them visit the message boards on the Barix Clinics website. Tell them your personal reasons for having the surgery. Let them know that less than 5% of people are able to lose weight and maintain that weight loss without surgery. Reassure them that your relationship can grow stronger as you feel better and have more energy. Let them know that you want them to be with you, supporting you as you go for your dream of a healthy weight.

SUBSCRIBE

to

On Track With Barix

[www.barixclinicsstore.com/
newsletter_sign_up.html](http://www.barixclinicsstore.com/newsletter_sign_up.html)

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

RECIPES

STRAWBERRY MARGARITA

- ¾ cup Sprite Zero®
- 1 cup ice
- ½ single packet strawberry Crystal Light®
- 5 strawberries, frozen, no-added-sugar
- 2 Tablespoons lime juice

Place all ingredients in blender and blend on high speed until strawberries and ice are blended. Makes one serving.

Nutrition information per serving: 58 calories, 1 gram protein, 0 grams fat, 14 grams carbohydrate, 45 mg sodium.



MEXICAN CHICKEN BREASTS

- 1 pkg taco seasoning (choose a lower sodium version if desired)
- 4 chicken breasts, 4 oz each
- 1 cup salsa (or use fresh Pico de Gallo)
- ¼ cup sour cream, fat free

Place chicken in plastic bag, add taco seasoning and shake well to coat the chicken evenly. Place chicken in a baking dish that has been lined with foil (for ease of cleaning) and bake for 30 minutes at 375 degrees F. Add salsa and bake for an additional 5 minutes. Remove from oven, top with sour cream and serve. Makes 4 servings.

Nutrition information per serving: 258 calories, 38 grams protein, 4 grams fat, 12 grams carbohydrate, 997 mg sodium.

PICO DE GALLO

- 3 large tomatoes, diced
- 1 medium onion, diced
- ¼ bunch cilantro, chopped
- ½ lemon, juiced (use juice only)
- ½ teaspoon minced garlic
- 1 tsp salt
- jalapeños, 2 or more to taste, chopped

Place all ingredients in bowl, mix and serve. Makes 8 servings.

Nutrition information per serving: 23 calories, 1 gram protein, 0 grams fat, 5 grams carbohydrate, 297 mg sodium.

