

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Walking to Fitness

Do not underestimate the benefits of a regular walking program. This simple habit can have a positive impact on so many facets of life. Almost anyone can do it. It doesn't cost anything. It boosts your energy level. It streamlines your waistline. It improves your mood. It helps you to sleep more soundly at night. It reduces stress and anxiety. It strengthens your heart and your muscles. It improves self-esteem. It improves your productivity. It lengthens your life and improves the quality of your life. If you are ready to feel better and look better, join us for the Barix Fitness Challenge. Let's see how far you can go in 8 weeks. With all of our best intentions, the commitments of life sometimes get in the way of a consistent exercise program. At Barix, we recognize the importance of regular exercise to maintain a healthy body and mind. To encourage you to include exercise in your daily routine, we are rolling out the **Barix Walking Challenge**. This is an opportunity for you to make a commitment, set goals, get encouragement and inspiration from others and firmly establish a healthy activity level. This program is open to everyone—those considering surgery, those working through the approval process, those who have had surgery, as well as your family and friends. Get on board—just three easy steps to get started:



STEP 1 – Get a baseline-measure and log your current activity level for one week by wearing a pedometer.

STEP 2 – Go to www.barixclinicsstore.com to sign up! Order a 10,000 step kit (t-shirt, water bottle, pedometer)—not needed to participate.

STEP 3 – Set up goals for the first week of the Barix Fitness Challenge.

Tracking and logging your steps will help you to establish a healthy activity level. After finding out what your current activity level is, you will be able to set incremental goals and measure your progress towards those goals. Rather than competing with others, your goals should reflect a gradual increase in the number of steps taken each day. From your baseline, increase your goal for the following week by adding 500–1000 steps each day. Your goal for the 8th week of the challenge should be at least 10,000 steps a day—yes, that is 7 days each week. From your first step out

of bed in the morning until you crawl into bed at the end of the day, walk at least 5 miles (or 10,000 steps). Each step counts, so take the stairs, park farther away, walk around the school while your kids are at (basketball, dance, soccer, band, etc) practice, and walk at lunch. For most people, 10,000 steps is a minimum for maintaining a healthy weight. If you are able, set your goal higher.

It all adds up to a healthier you. Measure it and log it to see how you're doing. Most people will find that in order to reach their goal, they need to go on a purposeful walk of 2–3 miles each day in addition to the steps they take in their daily activities.

Eight weeks is a big commitment. To be as successful as possible take time to plan for obstacles that could slow down your progress.

- Do you have your doctor's clearance to participate in this type of fitness challenge? Typically, doctors will be thrilled that you are increasing your activity level, however, do check with them to be sure this is right for you.
- Have you taken measurements? Consider weight, as well as chest, waist, hip, and thigh measurements. How about blood pressure or fasting blood sugar?

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- A picture is worth a thousand words—before/after pictures are great to show the payoff of your new habit.
- Where will you walk? Sounds simple enough. If you plan to walk outdoors, do you have a contingency plan for bad weather? Consider daylight hours or the safety of walking in your location at night. What is your back up plan if you are walking at a local school and it is closed for a break?
- Who will support you? Are you going solo? Is your support group all on board? Will your dog accompany you? Do you have a friend or family member ready for this commitment?
- When will you walk? If you do not have a set time of day to walk, it will be easy for other commitments to take priority. Schedule walking into your daily routine.
- Do you need a new pair of walking shoes, music or books on tape to listen to, healthy snack bars, water bottles, a treadmill or a pedometer?

WARM IT UP

The first 5 minutes of your walk should start at a slower pace to get your blood circulation and your muscles warmed up. Warming up muscles decreases the chances of pulled muscles or other injury.

KEEP IT FLEXIBLE

(from www.thewalkingsite.com) After warming up, take 5 minutes for flexibility exercises. If you do this every time that you walk, your muscles will not only become stronger, but more flexible.

Toe points – Stand on one leg and lift the other foot off the floor. Gently point your toe and hold for a few seconds. Next flex your foot pointing your toes up. Do this five or ten times on each foot.

Ankle Circles – While standing

on one leg lift the other foot off the floor. Gently point your toe and rotate your ankle. Do about ten circles in each direction. This exercise can be performed while standing, sitting, or lying on your back with leg raised.

Overhead Reach – Stand with your feet hip distance apart. Reach up with one arm and then reach over your head and to the opposite side. Keep your hips steady and your shoulders straight. Relax and repeat with the other side.

The Twist – Stand with your feet shoulder width apart and your arms straight out, parallel to ground. Keep your lower body stationary while swinging your arms from side to side. Do this several times to loosen up your waist, back, and shoulders.

Arm Circles – Hold your arms straight out to your side parallel to the ground. Make small circles going backward, gradually getting larger and larger. Rest for a second and do the same thing in the forward direction.

PACE IT

During the first few weeks, don't push it too hard. If you can carry on a conversation, but not sing a song you should be walking at a good pace. If you want to get a bit more technical, a 20 minute mile (about 120 steps per minute) is good for health, a 15 minute mile (about 135 steps per minute) is better for weight loss, a 13 minute mile (about 150 steps per minute) promotes aerobic fitness.

STEP IT UP!

Already in good shape? Interval training will promote increased fitness for those who are starting with a good solid baseline fitness level. Tracking your steps, walk at a comfortable pace (a perceived exertion level of 6–7 on a scale of 1–10) for 700 steps, and then step up your pace for 100 steps (to a perceived exertion level of 8 or 9). Go back to your original pace

for another 700 steps and then step it up again for 100 steps. Continue this change in exertion level until you are finished with your walk.

STRETCH IT OUT

Stretching should occur after your muscles are warmed up, usually at the end of your walk. Don't bounce while stretching. Go into a stretch slowly and hold gently for about 30 seconds.

KEEP IT CONSTANT

Consistency is the key to establishing a new habit. Plan to walk at least 5 days a week—7 is better. Start with a schedule that you can manage and then add to it. As you find your energy soaring as the weeks go on, you will have both the time and energy to bump up your program. Chances are that you will feel a bit tired or have some sore muscles as you begin this program. Don't let this keep you from walking unless you have significant pain. More than speed, or time or even steps...just get moving each and every day. You may want to have a lighter walking day or add some weight training. Be sure to have your habit in place before deviating from your schedule.

FUEL IT

Six small high protein meals will give your body the energy to fuel your new fitness challenge. Eat at least 30 minutes before exercising so you can start to drink water before you even begin to walk. For most walkers, water is the ideal fluid. If it is very hot and humid or if you will be walking for more than an hour, you may want to replace some electrolytes. Choose a sports drink that is sugar free and calorie free. Avoid carbonated beverages to prevent excess gas.



POST WORKOUT STRETCHES

(from the walkingsite.com)

Calf Stretch – Stand on your toes on a step or curb. Hold on to something for balance. Remove your left foot and slowly allow the right heel to move down. Hold this position. Be sure to keep you body upright and straight. Release and repeat on the other side.

Another calf stretch – Take a big step forward with your left foot, keeping you right heel on the ground. Hold the position and repeat on the other side. Be sure to keep your body upright and your abs tight, do not arch your back.

Shin Stretch – Standing up, hold on to a stationary object. Stand with your weight on one leg and straighten it. Place your other foot on the ground, with toes pointed and your toenails toward the floor. With the tops of your toes touching the ground, roll your foot and leg forward, from the ankle. Release and repeat on the other side.

Hamstring and Lower Back – Slowly bend forward from your waist with your knees slightly bent. Reach for the floor and hold. Only bend as far as comfortable.

Outer thigh and buttocks and spine – While lying on your back bring your right knee up. Place your left hand on your thigh and gently pull it over to your left side. Do not pull at the knee. Your shoulders, left leg and back should remain flat. Pull gently. Then repeat on the left side.

The sum of the whole is this:
walk and be happy;
walk and be healthy.
The best way to
lengthen out our days
is to walk steadily
and with a purpose.

Charles Dickens

Lower back – While lying on your back, bring both knees up towards the chest with the hands. Round the lower back and relax into the stretch. Don't do this stretch on a hard surface...it will bruise the spine!

Quadriceps Stretch – Standing up, hold on to a stationary object. Bend your right knee, bringing your foot toward your buttocks. Keeping your left knee slightly bent, grasp your right ankle with the opposite hand. Slowly pull your leg up and back, bringing your foot at high as comfortable. Repeat with other leg. (To protect your knee...think of pulling the quads back rather than pulling the foot toward your buttocks.)

Shoulder Stretch – Standing upright, cross left arm over chest. Place your right hand on your upper arm and pull arm in tight to chest. Be sure to keep shoulders down and do not pull at the elbow. Hold, and then repeat stretch with other arm.

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 May 31, 2010. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

4 Steps to Achievement

Plan purposefully.
Prepare prayerfully.
Proceed positively.
Pursue persistently.

~William A. Ward~

DETERMINE CALORIES USED BY WALKING

PACE:

3.0 mph (moderate pace) = 1.05 kcal/lb/hr

3.5 mph (brisk pace) = 1.28 kcal/lb/hr

4.0 mph (very brisk pace) = 1.82 kcal/lb/hr

EQUATION: PACE x WEIGHT IN POUNDS x HOURS

EXAMPLE: A 150# person walking for 30 minutes at a brisk pace

CALCULATION: 1.28 kcal/lb/hr x 150# x 0.5 hours = **96 calories**

EXAMPLE: A 200# person walking for 40 minutes at a moderate pace

CALCULATION: 1.05 kcal/lb/hr x 200# x .67 hour = **141 calories**



Note: As weight is lost, fewer calories are used during walking. It takes less energy to move a 170# body than it does to move a 200# body. To continue to get the same benefit, pace or time has to be increased.

BEGINNING LEVEL WALKING PROGRAM

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min
2	15 min	20 min	20 min	15 min	20 min	15 min	25 min
3	15 min	25 min	20 min	15 min	25 min	20 min	25 min
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min

INTERMEDIATE LEVEL WALKING PROGRAM

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	20 min	30 min	30 min	20 min	30 min	20 min	35 min
2	25 min	30 min	30 min	25 min	30 min	25 min	40 min
3	25 min	30 min	40 min	30 min	30 min	30 min	40 min
4	25 min	30 min	40 min	30 min	40 min	30 min	50 min
5	30 min	40 min	40 min	30 min	40 min	40 min	50 min
6	30 min	40 min	50 min	30 min	50 min	40 min	50 min
7	40 min	40 min	50 min	40 min	50 min	40 min	50 min
8	40 min	40 min	60 min	40 min	60 min	40 min	60 min

ADVANCED LEVEL WALKING PROGRAM

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	50 min	60 min	60 min	50 min	60 min	50 min	65 min
2	55 min	60 min	60 min	55 min	60 min	55 min	70 min
3	55 min	60 min	70 min	60 min	60 min	60 min	70 min
4	55 min	60 min	70 min	60 min	70 min	60 min	80 min
5	60 min	70 min	70 min	60 min	70 min	70 min	80 min
6	60 min	70 min	80 min	60 min	80 min	70 min	80 min
7	70 min	70 min	80 min	70 min	80 min	70 min	80 min
8	70 min	70 min	90 min	70 min	90 min	70 min	90 min



CONSIDERING SURGERY

Sharing Your Weight Loss Journey

Join the conversation on www.forum.barixclinics.com. For those considering surgery, the (edited) excerpts from message board postings on the topic of to tell or not to tell may be helpful. Go to the message boards to view the thread in it's entirety.

Q: I have a question for all of you: do you share how you've lost your weight with others who ask? Or do you lie about it and just say that you've been watching what you eat?

A: If asked I tell....I'm not ashamed of it at all! I know why *I* went for the surgery, I have 4 kids ranging from 12-2 and I want to be healthy for them and live a long life, and if that is not enough for close minded people I really don't care. I've lost 95 pounds of unhappiness is how I look at it! And gained years in life!

A: It's completely a personal decision and I've only told a handful of people, but it is amazing how many others have found out. I just figure those people must really have a sad and boring life of their own if they're that interested in mine LOL!

A: I think when people ask how we're losing the weight it's because they want to know how to lose it themselves.

A: My sister's practiced response to how she is losing weight is6 small meals a day, no sugar or junk food and lots of water and exercise. That is all true. I use that line with people that I don't really know that well.

A: I only shared with very close, close family and friends and asked they not tell the world.

A: If they ask they get told. Not ashamed of this journey at all. It is hard work and I am proud of the success it has brought.

A: My family and co-workers all knew and were all very supportive. Even now when they order lunch in for the group they always ensure there are things I can eat and have done this since I had the surgery

A: Yea I am an open book. I am proud of what I have done. I figure someone will always have something negative to say no matter what so I will just take it in stride!

A: I have walked around ashamed most of my life.... and I won't do it again for anyone!! I have never walked taller or felt more confident about myself in my entire life. I'm alive..... and well.....

A: I tell the truth to some and don't tell the truth to others. It depends on the person or situation.

A: If people ask me I always tell...I am not ashamed of having surgery. I have failed miserably at many diets...my health was my #1 motivation. I don't wear a pasteboard advertising, but will tell people that it worked for me.

A: As for telling people how I'm losing, I tell them if they ask me how I'm doing it. I just can't lie! I'm actually proud to tell them. It's almost as if I'm hoping they'll challenge me and say something negative so that I can tell

them all the positives! So far, everyone I've told has been very supportive (at least to my face). I find that now my heart aches when I see morbidly obese people. I know how they feel and I just want to say there is an answer...there is something that you can do that will change your life for the better. I guess I shouldn't assume that they are as miserable as I was!

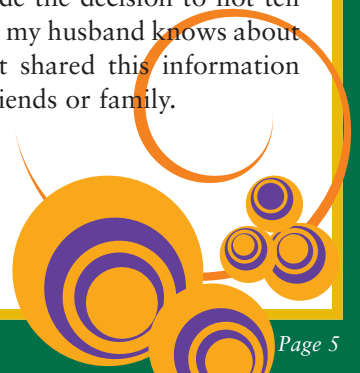
A: I don't tell many people (very few people know outside of my immediate family) and when people ask me, I tell them the truth, I watch my carbs, eat frequent small meals, and try to exercise. It is not a lie. That is exactly what I do.

A: I have told a few friends and I regret that decision with a few as I feel like they look at all the hard work that goes with RNY as being easy because I had the surgery. Granted, losing weight at first is much easier due to the RNY but at 1 1/2 years, it is a struggle to continue the downward spiral and keep the weight I've lost off.

A: It was a very personal decision for me ... one I didn't make easily and I don't feel like I lie when I don't tell acquaintances.

A: One opportunity did come up during the year to share my experience to help someone. I felt good about sharing my experience with her to help her make up her mind. She later did decide to have surgery too. Otherwise, I see no reason whatsoever to tell anyone about this very personal thing.

A: I have made the decision to not tell anyone. Only my husband knows about it. I have not shared this information with either friends or family.



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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

LEMON RASPBERRY BARS

(from Splenda.com)

Crust:

$\frac{3}{4}$ cup SLENDA® No Calorie
Sweetener, Granulated
 $\frac{3}{4}$ cup all-purpose flour
1 pinch salt
 $\frac{1}{4}$ cup light butter

Filling:

2 tablespoons all-purpose flour
 $1\frac{1}{4}$ cups SLENDA® No Calorie
Sweetener, Granulated
 $\frac{1}{2}$ cup egg substitute
 $\frac{1}{2}$ cup half-and-half
 $\frac{1}{2}$ cup fresh lemon juice
1 tablespoon grated fresh lemon peel
 $\frac{1}{4}$ cup reduced sugar raspberry
preserves

Preheat oven to 350 degrees F. Spray an 8X8-inch baking pan generously with butter flavored nonstick spray. Set aside.

To make crust: Mix together flour, SLENDA® Granulated Sweetener and salt in a medium mixing bowl. Cut in light butter until the mixture is crumbly, like a streusel topping. Do not overmix. Press dough into prepared 8x8-inch baking pan. Bake in preheated 350 degrees F oven 15-20 minutes or until lightly browned.

To make filling: Place SLENDA® Granulated Sweetener and flour in a medium mixing bowl. Stir well. Add egg substitute and half-and-half. Stir until blended. Slowly add lemon juice while stirring constantly. Add lemon peel.

Stir raspberry preserves until they loosen up. Spread evenly over warm crust.

Gently pour lemon mixture over preserves. Bake in preheated oven 20-25 minutes or until set. Remove from oven and allow to cool before placing in refrigerator. Chill in refrigerator 2 hours before serving. Makes 16 servings.

NUTRITION INFORMATION PER SERVING: 80 calories, 2 grams protein, 2.5 grams fat, 11 grams carbohydrate, 5 grams sugar, 60 mg sodium.

EGGA PINWHEELS

(from hungry-girl.com)

1 cup egg substitute
(like Egg Beaters®)
1 package Pillsbury Crescent Recipe
Creations Seamless Dough Sheet
4 oz (about 16 slices) shaved/thinly
sliced lean deli ham
3 slices fat-free American cheese,
broken into pieces

Preheat oven to 350 degrees F.

Brisk a skillet sprayed with nonstick spray to medium heat on the stove. Add egg substitute and scramble until fully cooked. Remove from heat and set aside. Prepare a baking sheet by spraying it with nonstick spray and set aside.

Roll out entire package of dough and lay it flat on a dry surface so you have a large rectangle. The shorter sides should be on the right and left. Evenly distribute ham slices over the dough leaving a 2-inch border of exposed dough along the right side only. Evenly distribute the scrambled egg substitute over the ham and sprinkle with cheese pieces. Starting with the left side, roll the dough tightly into a log. Seal by pinching together the right edge and the roll itself. Using a sharp serrated knife, slice the log into 8 pinwheels. Lay the pinwheels flat on the baking sheet, spacing evenly.

Bake for 15 minutes until golden brown. Allow to cook slightly and then enjoy. Makes 8 servings.

NUTRITION INFORMATION PER

SERVING: 134 calories, 8.5 grams protein, 5 grams fat, 14 grams carbohydrate, 3 grams sugar, 555 mg sodium.

