

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



Active Vacations

Get inspired and get moving with these high energy options for your family vacation.

Sometimes the simple pleasure of curling up with a good book on a lounge chair by the pool feels right. But what about a vacation to remember: one that challenges and exhilarates? A quick internet search brought up an exciting list of possible active vacations. This list includes something for every age, ability, season, location, budget, and thrill tolerance level. Read through the list on the right and see if you aren't inspired. With spring break and summer vacation right around the corner, now is the time to plan a fun-filled, activity-filled vacation that you and your family will talk about for years.

The national parks are one source for active vacations. They offer inexpensive and exciting opportunities for family-friendly adventure vacations. With almost 400 designated parks, monuments, and historical sites across this great land, there is sure to be an active vacation in there for you. Our national parks have caves, glaciers, volcanoes, coral reefs, geysers, hot springs, and history galore about the Civil War, Revolutionary War, early explorers and westward expansion, the Industrial Revolution, fossils, and wildlife. Some of these awe-inspiring places are right in our back yards. Here are a few to inspire you.

Michigan is home to five national parks including Isle Royale, Keweenaw, Pictured Rock and Sleeping Bear Dunes, as well as the Motor Cities National Heritage Area in southeast Michigan and the North Country National Scenic Trail, a 4,200 mile trail that spans across several northern states.

4x4 Tours

Adventure Cruises

Amusement Parks

Archaeological Tours

ATV Tours

Backpacking

Bicycle Tours

Mountain Biking

Canoeing

Canyoneering

Castle Vacations

Cattle Drives

Dog Sledding Vacations

Dude Ranches

Equestrian Vacations

Family Camps

Fantasy Camps

Fishing Charters

Golf Vacations

Health & Wellness

Hiking Vacations

Horse Pack Trips

Houseboat Rentals

Ice Climbing

Jet Skiing

Kayaking

Mountain Climbing

Multisport Adventures

National Park Vacations

Paintball & Skirmish

Polar Expeditions

Racing Schools

Rock Climbing

Running Vacations

Safaris

Sailing Vacations

Scuba Diving

Skiing & Snowboarding

Snowmobiling

Snowshoeing

Sports & Fitness Camps

Supernatural Tours

Surfing Vacations & Camps

Trail Rides

Volunteer Travel

Wagon Train Vacations

Walking Tours

Water Sports

Whitewater Rafting

Working Ranches



Isle Royale's pristine and primitive wilderness is the island's main attraction. The park is accessible only by boat or seaplane. Activities include hiking wilderness trails, canoeing through inland waterways, exploring the rugged coast, and snorkeling or scuba diving to explore the coastline or shipwrecks.

The Keweenaw Peninsula is well-known for copper mining. In fact 7,000 years ago, native peoples mined copper for tools and to trade. In the 1800s, the mines attracted immigrants and investors and the area grew and developed. The National Park Service offers programs and the area is rich with historical and recreational activities from hiking and biking in the summer months to cross-country skiing and snowmobiling in the winter.

Pictured Rock National Lakeshore has more than 40 miles of Lake Superior shoreline. With sandstone cliffs, beaches, sand dunes, waterfalls, lakes, forest, and shoreline, there are plenty of all-season outdoor activities for you to enjoy in this beautiful natural preserve.

Sleeping Bear Dunes in western Michigan was voted the Most Beautiful Place in America by Good Morning America viewers. The park includes 35 miles of Lake Michigan's coastline, North and South Manitou Islands, maple and beech tree forests, and miles and miles of sand dunes. Surround yourself in natural beauty as you swim at one of the beaches, hike through the forests, or climb the dunes.

Pennsylvania is rich in history and home to 18 national parks, historic national sites, national scenic trails, and national recreation areas.

These include the Allegheny Portage Railroad, the Appalachian National Scenic Trail, the Delaware National Scenic River, the Delaware Water Gap National Recreation Area, the Lackawanna Heritage Valley, the Potomac Heritage National Scenic Trail, Rivers of Steel National Heritage Area, the Schuylkill River Valley National Heritage Area, the Steamtown National Historic Site, the Upper Delaware Scenic Recreational River, Thaddeus Kosciuszko National Memorial, Valley Forge Historic Park, Gettysburg National Military Park and others.



The Appalachian National Scenic Trail is 2,181 miles long. It passes through 14 states from Maine to Georgia and is maintained by thousands of volunteers. Due to its length, the Appalachian Trail is within a day's drive of the majority of the U.S. population. The trail offers spectacular scenery, adventure and renewal for people of all ages. From a short stroll to a long-distance backpacking adventure, the Appalachian Trail provides a wonderful opportunity to be active and connect with nature.

The Delaware Water Gap National Recreation Area is a national park that includes 40 miles of the Middle Delaware River and 67,000 acres of river valley in Pennsylvania and New Jersey. Recreational activities include canoeing, kayaking, boating, fishing, swimming, more than 100 miles of hiking trails, biking, cross country skiing, and all with spectacular views of nature.

The Potomac Heritage National Scenic Trail is a network of trails between the mouth of the



Potomac River and the Allegheny Highlands. It includes 830 miles of existing and planned trails. These nature-rich trails can be explored by hiking, biking and cross country skiing.

Ohio is home to 7 national parks including the Cuyahoga Valley National Park, the National Aviation Heritage Area, the Hopewell Culture National Heritage Park, and the Dayton Aviation National Heritage Historic Park.

Cuyahoga Valley National Park is filled with the natural beauty of the Cuyahoga River, deep forests, rolling hills, open land, wildlife, and native plants. The park offers a wide range of activities from hiking, riding the scenic railroad, biking, canoeing, kayaking, winter sports, EarthCaching, fishing, golfing, horseback riding, and questing (a kind of treasure hunting adventure).

The **Dayton** area is rich with aviation history, and the Dayton Aviation Heritage National Historic Park consists of five sites that tell the stories of Wilbur Wright, Orville Wright, and Paul Laurence Dunbar. Walk through the historically refurbished Wright brothers' printing office, an original Wright brothers' bicycle shop, Hawthorn Hill (the Wrights' mansion), Paul Laurence Dunbar's home, and follow Wilbur and Orville's footsteps at the Huffman Prairie Flying Field.

So many people neglect to take advantage of the vacation opportunities in their own back yards. In addition to the national park system, states, counties, regions and cities offer an abundance of active outdoor adventures. So, what adventure will you create this year?

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Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

Submit your story online (http://www.barixclinicsstore.com/share_your_story.html).

We'd love to hear from you.

QUESTIONS ABOUT FINANCING YOUR SURGERY?

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It Worked for Me

The Barix Forums are about people supporting each other through tough times and WOW moments. No one can quite understand what you are going through like someone who has walked in your shoes. Here is just one example of a posting (edited) that supports the person posting and also inspires others. If you have not checked out the forums, what are you waiting for? Just create an account and find the support you need (forum.barixclinics.com).

POSTING:

My clothes are getting huge on me. I have a pile that needs to go to Goodwill. Here's my problem - I'm having a hard time letting them go! Crazy, isn't it? I'm still wearing 3x t-shirts which hang on me like a sack, but they're comfortable. I HATE shopping and spending the money for new clothes. Anyone else have issues with letting your larger clothes go?

RESPONSE 1

I had the same problem for sure. Don't hang on to them as a fail-safe stash for the future. Get it in your mind that there is no looking back and chuck those old fat clothes. You will find that as you get smaller you will enjoy shirts that have a snug fit.

RESPONSE 2:

Very funny that you are posting this today. I carried 3 large bags out of my bedroom just last night. Now that I hit Onederland, I am more and more confident that I am going to do everything I can to ensure I never wear those clothes again...so it feels good to let them go!

I went to a couple Salvation Army stores over the weekend...you'd be surprised what you find there. I haven't bought a pair of pants from a regular store yet. I took about 10 pairs of pants into the dressing room. They were either too big



or they fit, but were loose. That has never happened to me in my life!! I had to go back out and grab **SMALLER** sizes! You might like wearing clothes that actually fit... go try some on!

RESPONSE 3

Ok, first off, keep one super-size outfit and just let the others go. As for spending money on clothes, buy used clothing since it will be too big soon anyway. Wait until you are done with the weight loss before buying new clothes. Also, skip on wearing the loose/jogging type clothes; instead wear clothes that are snug (e.g. jeans) to boost the "Hey I am doing it" factor. That super-size outfit you hung onto is for "after" photos as a reminder of how far you have come.

In the News

Gastric sleeve surgery allows for greater food tolerance and gastrointestinal quality of life. A study published in the December 2011 issue of Obesity Journal looked at patients who were 2-4 years either post gastric bypass, adjustable gastric banding or gastric sleeve surgery. The study results showed that food tolerance was highest in the control (no bariatric surgery) and gastric sleeve groups and lowest in the adjustable gastric band group. They also found the median excess weight loss achieved was 76.5% for the gastric bypass group, 76.3% for the gastric sleeve group, and 38.2% for the adjustable gastric band group.



Italian Chicken with Sun-dried Tomatoes

- 8 oz dry Dreamfields low carb pasta
- 1/4 cup butter
- 1–2 cloves garlic, minced
- 1/2 (10.75 ounce) can condensed cream of chicken soup, fat free
- 1/4 cup skim milk
- 1 tablespoon dried parsley
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 pound boneless, skinless chicken breast, cooked, cut into bite-size pieces
- 2 tablespoons sun-dried tomatoes, rehydrated in water
- 2 tablespoons grated Romano cheese

Melt butter in a saucepan; add minced garlic and cook until garlic browns. Stir in chicken soup and milk and stir until smooth. Add parsley, salt and pepper; simmer for 3 minutes. Add chicken and sun-dried tomatoes; simmer for 7 minutes.

Cook pasta, drain. To serve, place pasta on plate, top with chicken mixture. Garnish with additional grated Romano cheese if desired. Makes 6 smaller servings.

NUTRITION INFORMATION PER SERVING: 313 calories, 22 grams protein, 10 grams fat, 0 grams carbohydrate, 318 mg sodium.

Pork Tenderloin

- 2 pound pork tenderloin
- 1 tablespoon minced onion
- 1 teaspoon sodium-free beef bouillon
- 1/2 teaspoon onion powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon paprika
- 1 cup water
- 3/4 cup red wine
- 3 tablespoons minced garlic
- 3 tablespoons soy sauce — low sodium

Place pork tenderloin in a slow cooker. Add minced onion, bouillon, onion powder, pepper, paprika, water, wine, and soy sauce; turning the pork to coat. Carefully spread garlic over the pork, leaving as much on top of the roast during cooking as possible. Cover and cook on low setting for 4 hours. Serve with cooking liquid on the side as au jus. Makes six servings.

NUTRITION INFORMATION PER SERVING: 180 calories, 25 grams protein, 4 grams fat, 6 grams carbohydrate, 211 mg sodium.

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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, 2012. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at dhart@foresthealth.com.