

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Habit #1

Move More!



There are so many reasons for us to make the effort to

move more each day. Feeling better, having more energy, managing or preventing disease, and living longer are just a few. This is a great time of year to focus on increasing your activity level—the holiday frenzy is over and nothing beats the winter blahs like a good workout. It is hard to think of any other activity that pays off in so many ways for a 30–45 minute daily effort. If you need some motivation to get started—the hardest part—keep reading. The benefits are so compelling that it is hard not to be convinced to the point of taking action.

- The calories that you expend while exercising can help you achieve weight loss, maintain weight loss or prevent weight gain. The longer or more intense the activity, the more calories you burn.
- Regular exercise helps you to manage or prevent a wide range of health problems such as heart disease, metabolic syndrome, arthritis, diabetes, depression, colon and breast cancer, and more.
- Who doesn't need a little pick-me-up in mood this time of year? Movement stimulates brain chemicals that help you to feel

happier, have more confidence and be more comfortable with your appearance. For some, it may work as well as medication for combating depression.

- When you exercise regularly, your body becomes better at delivering oxygen to your cells, builds muscle, and increases endurance. All of these work together to provide you with more energy throughout your day.
- We've learned over the past few years how important adequate sleep is for a healthy weight. Exercise promotes better sleep by allowing you to fall asleep more quickly and to stay asleep throughout the night.
- Physical activities can help you to improve your connections with other people. Finding an activity that you enjoy doing with people you enjoy can add fun to your life.
- Slowing down the aging process may be another benefit as exercise reverses the toll of stress on our cells.
- The ability to learn is enhanced because exercise increases growth factors in the brain that help make new brain cells and new connections between brain cells. More complicated activities that take a lot of

coordination like Zumba, Pilates, tennis or dance give you the biggest brain boost and also increase your attention span.

That's a pretty impressive list of benefits. Exercise is a great way to feel better, gain health benefits and have fun. Aim for at least 30–45 minutes of physical activity daily to reap the most benefits. Mixing up activities lessens the strain on muscles and joints from repeatedly doing the same activity, keeps it interesting and makes sure that you use a variety of muscles.

If you're not quite ready to lace up the sneakers yet, we've got some tips to get you up and going.

- **Schedule time** and make exercise a priority. First thing in the morning or on the way home from work are great times to work out.
- **Keep track** of the number of calories that you burn.
- **Find** an exercise buddy.
- **Visualize** a slimmer, fitter you.
- **Subscribe** to fitness magazines.
- **Reward yourself** with flowers, movie tickets or another small gift for work well done.
- **Sign up** for a class.
- **Get a coach** or trainer.
- **Keep a log** or graph of your exercise.



- **Post** a “before” picture somewhere that you will see throughout the day.
- **Post** an “after” picture of your younger, fitter days or someone you aspire to look like.
- **Measure** your success with a tape measure, scale or pair of tight jeans.
- **Sign up** for a 5K walk or run and you’ll be motivated to train.
- **Set a goal.**
- **Go social** and post your exercise plan and frequent updates.
- **Start slowly** and build up to where you would like to be.
- **Perfection is unrealistic** — if you miss a day or two get right back to it.

Continuous effort — not strength or intelligence — is the key to unlocking our potential.

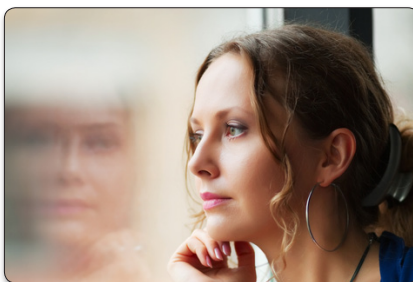
Winston Churchill

- If you have an **injury** that keeps you from your usual exercise, see if there is something else that you can do.
- **Use positive self-talk** — “I can do this!”
- **Upbeat music** distracts your attention and increases the intensity of your workout.
- **Couple your workout** with something else you enjoy — walk on the treadmill while watching your favorite show or read a book or magazine while pedaling on a stationary bike.

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. This month, a pre-surgery patient posted a common fear, that of failure. Barix post-surgery patients responded to her post (edited below) and provided her the support that she needed at that moment. 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: *Has anyone had fear of failure before surgery?* My surgery is coming up soon and I am losing sleep for fear of going through all this and failing at this too. I am definitely going through with the bypass surgery, but I am in terror that I will fail at this like I’ve failed at every diet I have been on before. I plan to stick to the rules completely, but I fear that I’ll fall off the wagon. Any advice?

Response 1: Everyone has some fear. If you feel that you may fall into the same pattern somewhere down the road, be sure you get as much support as you can from those around you, as well as support groups. Support groups can help you through this journey so you won’t feel alone. Another option is seek help from a psychologist. They can help you with how you are feeling and thinking. I also recommend prayer and Winning the Battle in Your Mind by Joyce Meyers.

Response 2: I was afraid before surgery too. You will not fail as long as you are really ready to commit to the program. Even last month when I didn’t feel like I was losing weight, I noticed that my clothes were getting bigger. Relax, enjoy yourself. I wish you lots of luck. I’m happy and I know you will be too! Glad I did it! HUGS.

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On Track With Barix

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!**

SHARE YOUR SUCCESS

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?

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

Vegetarian Chili

1 tsp canola oil
 1 clove garlic, minced
 14 1/2 oz stewed tomatoes
 15 oz canned organic kidney beans, rinsed and drained
 15 1/4 oz canned yellow corn, drained
 15 oz canned tomato sauce
 1 Tbsp chili powder
 1/2 tsp dried oregano
 1/2 tsp crushed red pepper flakes
 1/4 cup dehydrated onion flakes
 1/4 tsp black pepper
 4 Tbsp low-fat, shredded cheddar cheese

Heat oil in a large, nonstick, heavy-bottomed pot over medium heat. Add garlic—cook for 2 minutes, stirring frequently. Add tomatoes, beans, corn, tomato sauce, chili powder, oregano, red pepper flakes, onion and pepper and stir well.

Increase heat to high and bring chili to a boil. Cook for about 5 minutes, stirring frequently, until chili thickens. Spoon into serving bowls and sprinkle with cheese. Makes 4 servings.

NUTRITIONAL INFORMATION PER

SERVING: 261 calories, 14 grams protein, 4 grams fat, 37 grams carbohydrate, 673 mg sodium.



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 February 28, 2013. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

Cream Cheese Filled Pumpkin Muffins

4 oz. fat-free cream cheese
 2 1/2 tbsp. Splenda™
 1 tbsp. liquid egg substitute
 1/4 tsp. vanilla extract
 2 cups whole-wheat flour
 2 tsp. baking powder
 1 1/2 tsp. cinnamon
 1 1/2 tsp. pumpkin pie spice
 1/2 tsp. baking soda
 1/8 tsp. salt
 One 15-oz. can pure pumpkin
 1/2 cup liquid egg substitute
 2/3 cup Splenda™

Preheat oven to 350 degrees. Line a 12-cup muffin pan with baking cups.

Combine cream cheese with 2 1/2 tbsp. Splenda, and stir until smooth in a medium bowl. Add egg substitute and vanilla extract and stir until well mixed.

In a large bowl, combine flour, baking powder, cinnamon, pumpkin pie spice, baking soda, and salt.

In medium-large bowl, combine remaining ingredients and whisk together. Add to the flour mixture and stir until just mixed and smooth—batter will be thick.

Evenly distribute half of the muffin batter among the cups of the muffin pan and smooth out the surfaces. Use a spoon to form an indentation in each cup of batter large enough to hold about 2 tsp. filling. Fill each indentation with the cream cheese filling.

Top the muffin cups with the remaining batter and smooth out the surfaces. Bake until a toothpick inserted into the center of a muffin comes out clean, 16 – 18 minutes. Makes 12 servings.

NUTRITION INFORMATION PER

SERVING: 107 calories, 6 grams protein, 1 gram fat, 20 grams carbohydrate, 239 mg sodium.