

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



A goal  
without  
a plan is  
just a wish.

Antoine de  
Saint-Exupéry

## Habit #2 Planning

**K**nowing and doing are two different things. Most people have a good understanding of what they need to do to be as healthy as possible, but how do you get to the point of doing those things consistently? I know it sounds boring, but with a plan and a little prep work, you can simplify your life, reach your health goals, and even save time and money—well worth your efforts.

Take healthy eating. Not only is the sharing of meals at home an important part of family health, cohesiveness and child development, homemade meals have an average of 250 calories less than restaurant meals. So how do you actually get to the point of preparing and eating meals at home, without giving in to the lure of fast, easy and enticing restaurant meals?

- Start with a list of family favorite meals. Be sure to keep it simple and think about grouping foods with similar ingredients. For example, if you are browning ground beef or turkey for spaghetti on Wednesday, you can brown meat for tacos on Friday at the same time.
- Next, grab a calendar and jot down scheduled activities first so you can work your meals around them. A crock-pot meal works great on nights when your family needs to

eat at different times or when there just isn't time for food prep. Another option for busy nights is a salad bar, taco bar or baked potato bar. Have toppings ready to go in the fridge and everyone can make their own. Simplify by repeating meals throughout the month and penciling in leftovers a couple of times each week.

- Plan for breakfast, lunch and snacks next. Having fresh fruit, cut veggies, low-sugar yogurts, and other healthy snacks in plain view will encourage your family to reach for these first. Don't forget to plan for lunches and snacks to take to school or work.
- Once you know what the plan is, you need to shop for it. Make a grocery list, referring to your calendar and recipes. Buy healthy staples to have on hand as well. Buying bottled drinks is much less expensive in bulk from the grocery store than as a single purchase from the convenience store.
- Look at your menu for upcoming days and see what you can do ahead of time. Pull chicken out of the freezer and marinate, chop up veggies or put together a crock-pot meal to start simmering in the morning. Getting just a little bit ahead can make all the difference after a long day.

- Each evening, pack up lunches and snacks for the next day. All you need to do in the morning is grab and go. Mornings seldom go as smoothly as we would like; this is one great habit that helps to send you on your way stress-free.
- Double up on batches to make twice as much as your family needs and then freeze half. The next time, all you need to do is heat. Save leftovers in single serving containers—labeling with the contents and date.
- Invest in a food sealer to keep foods fresh longer in the refrigerator, freezer and cupboards. You'll save money and lose the spoilage excuse for avoiding fresh foods.

Now that you have some great ideas to get your food plan on track, consider your exercise plan. You may have the best of intentions, but without a real plan, it is easy to opt for one of the other pressing demands in your life or an evening on the couch. The reality is if you don't have a plan, it just won't happen. You know the benefits, now it is time to put a plan in place and make it happen.



Continued on page 2

- Schedule a time to exercise daily or at least 5 days a week. Try to exercise at the same time each day, not because there is a secret benefit to working out in the morning or after work, but because it is easier to stick with your plan.
- Make sure you plan ahead to have what you need when you need it. If your plan is to stop at the gym on the way home from work, make sure you pack your clothes, shoes, music source and anything else you need the night before. Set the bag in a conspicuous spot so you don't forget to take it with you.
- Use your calendar at work, at home or on your phone. Be sure to set a reminder.
- Make a commitment for a big event that you can train for such as walking a 5K for breast cancer or a bike trip for the Make a Wish

Foundation. Then you can plan a training schedule to get your body ready for the big event.

- You may want to plan your exercise around the seasons. Outdoor walking, biking or other activities are great for spring and fall, while indoor activities may be better during times of sweltering heat or frigid cold.
- Sometimes planning to exercise with a buddy is a big help, but if your buddy isn't consistent or inspiring, it can actually bring your exercise level down. Choose a buddy wisely.

Planning ahead is a healthy habit that can help you to feel more in control, better balanced and less stressed. You'll be more likely to meet your health goals—leaving you with a sense of accomplishment and a boost to your self-confidence.

## 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 post-surgery patient posted about a common experience — the entire family benefiting when one member has bariatric surgery. His post (edited below) highlights the impact of his surgery on his son. 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](http://forum.barixclinics.com)).

**Post:** After my surgery I was watching what I ate and started watching food shows to learn to cook healthier. My son, who was 4 at the time of my surgery, would watch the food shows with me. We had been cooking together before my surgery but we really took over ALL the cooking after. That meant we would also do the food shopping.

One of the first things Jake learned was to read the labels. Grams...or "G's" as he called them, could not be more than two. Flash forward 3 years to today, he not only comes with me shopping, but he has his own recipes. One meal he recently made was tilapia with garlic and lemon over a bed of mashed carrots. My son's knowledge of food, his love of cooking and his whole life have been affected by MY surgery. That's kind of cool when you think about it. I have said that RNY was the best thing I ever did for me, but it also has had a very positive impact on my youngest son.



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On Track With Barix

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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](mailto: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](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

## Sopapilla Cheese

- 2 cans Pillsbury butter crescent rolls
- 2 8oz packages cream cheese, fat-free, softened
- 2 cups cottage cheese, fat-free
- 1 cup Splenda or other non-calorie sweetener
- 1 teaspoon vanilla
- Spray margarine
- 1 Tbsp. cinnamon

Unroll and spread 1 can crescent rolls on bottom of ungreased 9" x 13" pan. Combine softened cream cheese, cottage cheese, vanilla, and  $\frac{3}{4}$  cup Splenda, and mix on medium speed until smooth and creamy. Spread mixture over crescent rolls. Unroll and spread remaining crescent rolls over mixture. Spray margarine over the top. Mix together remaining  $\frac{1}{4}$  cup Splenda and cinnamon, then sprinkle on top.

Bake at 350 degrees for 20-30 minutes. Makes 16 servings.

**NUTRITION INFORMATION PER SERVING:** 142 calories, 7 grams protein, 6 grams fat, 14 grams carbohydrate, 894 mg sodium.



## Mexican Chicken Salad

- $\frac{1}{2}$  cup fresh salsa
- 1 teaspoon Old El Paso® 40% less sodium taco seasoning mix
- 4 cups shredded lettuce
- 1 can (15 oz) black beans, organic drained, rinsed
- 1  $\frac{1}{2}$  cups shredded deli rotisserie chicken (without skin)
- 1 cup coarsely crushed hint-of-lime white corn tortilla chips
- $\frac{1}{2}$  cup shredded cheddar cheese
- $\frac{1}{2}$  cup cherry tomatoes, halved

In small bowl, mix dressing, salsa and taco seasoning mix. On individual serving plates, layer the lettuce, black beans, chicken, tortilla chips and cheese. Drizzle with dressing mixture and top with tomatoes.

Makes 4 servings.

**NUTRITION INFORMATION PER SERVING:** 344 calories, 27 grams protein, 15 grams fat, 32 grams carbohydrate, 617 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 March 31, 2013. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort.

Paul J. Meyer

## REQUEST A FREE BROCHURE

for you or a friend. Call us at 800-282-0066, or log on to [www.barixinfo.com](http://www.barixinfo.com).

