

ON TRACK WITH BARIX



The Barix Clinics team is proud to be a part of your journey. We understand that achieving your weight loss goals is a long and often challenging process. It's important to stay motivated and focused on your goals. Remember, every step you take, no matter how small, is a step towards success. We are here to support you every step of the way. Stay positive, stay on track, and you will reach your goals. We believe in you!

OUR THOUGHTS AND ATTITUDES SHAPE OUR BEHAVIORS, MOTIVATIONS AND PLAY AN IMPORTANT ROLE IN OUR SUCCESS IN ACHIEVING WEIGHT LOSS GOALS.

Our thoughts and attitudes shape our behaviors, motivations and play an important role in our success in achieving weight loss goals. Here is a quote from the Barix Clinics message board that exemplifies an attitude of success.

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ACTIONS to OPTIMIZE Weight Loss SUCCESS

Exercise.

Exercise is a key component of weight loss. It helps burn calories, build muscle, and improve metabolism. Aim for at least 30 minutes of moderate exercise most days of the week. Find activities you enjoy to make it a sustainable habit.

Log It.

Keep a food and activity log. This helps you track your intake and identify patterns. It's a great tool for staying accountable and making adjustments as needed.

Choose Foods Wisely.

Focus on nutrient-dense, low-calorie foods. Avoid high-calorie, high-fat, and high-sugar foods. Portion control is also essential for managing calorie intake.

Follow a Meal Plan.

Stick to your meal plan. It provides structure and helps you stay on track. Don't skip meals or overeat. Listen to your body's hunger and fullness cues.

Choose to Restrict Your Eating.

Practice mindful eating. Slow down and savor your food. Avoid distractions like TV or the phone while eating. This helps you recognize when you're full and prevents overeating.

Avoid Drinking With Meals.

Limit alcohol and sugary drinks. These can add extra calories and interfere with your weight loss progress. Opt for water, herbal tea, or low-calorie beverages instead.

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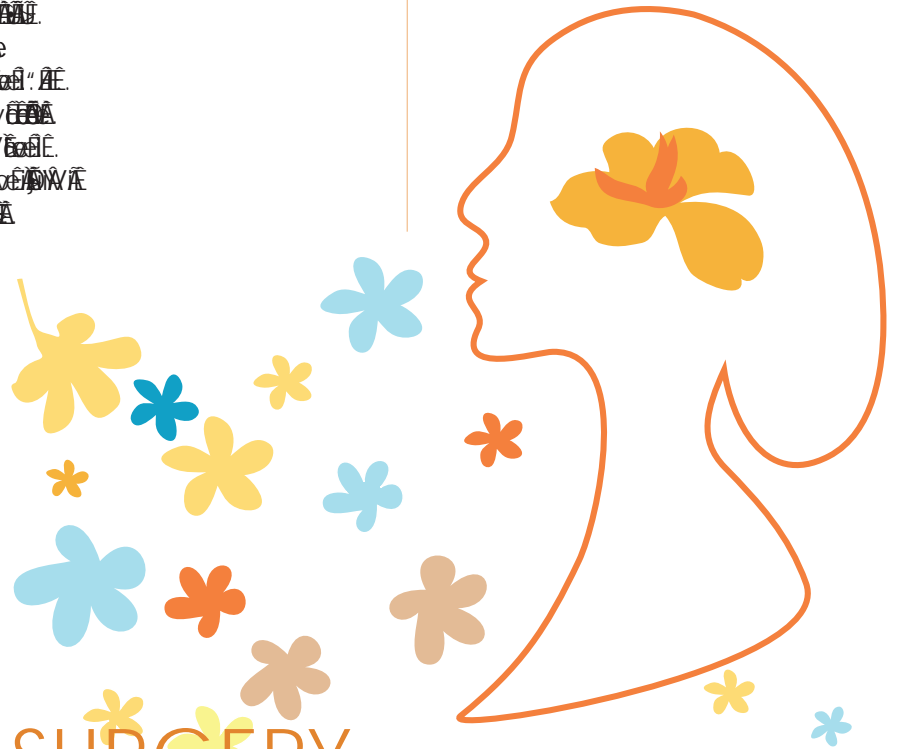
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"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same."

Francesca Reigler

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PREPARING FOR SURGERY
















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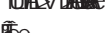

REWARD YOURSELF

\$25 GIFT CERTIFICATE  

dhart@foresthealth.com

OTHERS CARE PLEASE SHARE

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REQUEST

A FREE BROCHURE FOR YOU OR A FRIEND at 800-282-0066, or www.barixinfo.com



QUESTIONS

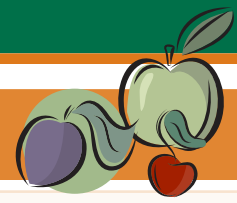
ABOUT FINANCING YOUR SURGERY?

 Barix Patient Service Representative  















 



RECIPES










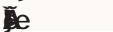





DEVILED EGGS



















NUTRITION INFORMATION PER SERVING:   





MAPLE-ORANGE-MUSTARD HAM GLAZE







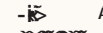

            


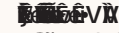
















STRAWBERRIES NAPOLEON

NUTRITION INFORMATION PER SERVING: 