

# HEALTHFUL *Tips*

## ~DIET & EXERCISE TIPS TO ENSURE YOUR PROGRESS~

Developing a new eating behavior requires some learning, but the rewards will be well worth your effort. And that's just the beginning. As your lifestyle change becomes more routine and you see the progress you're making, you will love the new, healthier you. Congratulations on the progress you've made!

Keeping your bones strong and healthy requires an adequate intake of calcium. 1200 mg of calcium each day is recommended. Calcium may be obtained from the foods and beverages that you choose each day, from supplements, or a combination of the two.

Your best bet is to obtain calcium from the foods and beverages that you consume. Milk contains Vitamin D, lactose, magnesium and phosphorus which increase the absorption of calcium. Three to four 8-ounce glasses daily would meet your calcium requirement (most multivitamin and mineral supplements supply 200 mg of calcium) and provide your body with 25 grams of protein to boot. It is difficult to find a better nutrition bargain than skim milk.

Eating enough protein (meeting your protein goal) will help you maintain muscle tissue, keep your immune system working properly and help your body make healthy new cells.

Sometimes "drinking" your protein works best. Look for the ready-to-drink products on the grocery store or discount store shelves. Find one that has 20 grams of protein or more and has 2 grams or less added sugar. These are convenient, quick, and hassle free. They often taste best when served very cold.

Three well-balanced meals with healthy snacks in between will establish an eating pattern for success. The six small

healthy meals keep your blood sugar level stable (keeping energy up and appetites in check), keep portion sizes down and help you to make better food choices. Avoid added sugars. These foods and beverages are often low in nutrients, add unnecessary calories and may cause you to eat more. Grazing, skipping meals, drinking high calorie beverages (water is usually the healthiest fluid) and eating large portions or high fat foods are NOT habits for success.

Regular exercise is a habit that leads to success. Many successful individuals average 160 minutes of exercise a week. If exercise is started soon after the surgery, it can minimize muscle tissue loss and be a tremendous aid in weight loss. It is never too late to begin an exercise program. Exercise as a part of the daily routine is a key factor in the ability to maintain weight loss.

Your attitude and commitment toward implementing lifelong healthful habits will open up the opportunity for a lifetime of improved health, lower weight and greater quality of life. Does your attitude support a healthy lifestyle that will allow you to meet your health and fitness goals? Do you eagerly look for new ways to replace unhealthy food choices, fit exercise into your daily schedule, and take charge of your health and well-being? Are you willing to embrace a positive, healthy attitude? The choice is yours.

As you achieve your weight goal and improve your health, the quality of your relationships may also improve. You may feel differently about yourself, have more self-confidence and self-esteem. With the physical changes you experience, you may feel as if you want to do more and be more. The benefits that you will receive will be well worth your time and efforts.

Watch those portions! Studies have found that people typically underestimate their overall food intake by one-third. That can have a huge impact on daily calorie intake and weight status. For example, consuming 2000 calories instead of a weight maintenance calorie requirement of 1500 calories can result in a weight gain of 52 pounds in a year. Although the Barix Nutrition Program does not focus on counting calories, if your weight loss is slower than expected you may want to keep a close eye on your calorie intake. Because most of us are creatures of habit and often eat the same food frequently, make sure that you know the calorie counts for your most common foods in the portion that you typically eat. Weigh and measure food once; use a calorie counting book or read the label; then use the same bowl, glass or plate to estimate.

Laughter lowers stress hormones, enhances immunity and increases mood elevating brain chemistry. Keeping stress levels down can have a very big impact on weight.

For every hour of work, take a 3-5 minute break and stretch, walk, or deep breathe. With just a few minutes of relaxation (or doing something other than work), you'll increase your productivity and feel better throughout the day.

Find different ways to measure your success when you hit a plateau. Take body measurements every four weeks and note total inches lost. Log your fitness progress, and congratulate yourself for every extra mile crossed. Stepping on a scale that will not budge can be very discouraging.