

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

A WALKING Weigh of Life

The Barix Fitness Challenge

Do not underestimate the benefits of a regular walking program. This simple habit can have a positive impact on so many facets of life. Almost anyone can do it. It doesn't cost anything. It gives you energy. It streamlines your waistline. It improves your mood. It helps you to sleep more soundly at night. It reduces stress and anxiety. It strengthens your heart and your muscles. It improves self-esteem. It improves your productivity. It lengthens your life and improves the quality of your life. If you are ready to feel better and look better, join us for the Barix Fitness Challenge. Let's see how far you can go in 8 weeks.

With all of our best intentions, the commitments of life sometimes get in the way of a consistent exercise program. At Barix, we recognize the importance of regular exercise to maintain a healthy body and mind. To encourage you to include exercise in your daily routine, we are rolling out our first fitness challenge. This is an opportunity for you to make a commitment, set goals, get encouragement and inspiration from others and firmly establish a healthy activity level. This program is open to everyone—those considering surgery, those working through the

approval process, those who have had surgery, as well as your family and friends. Get on board—just three easy steps to get started:

STEP 1—Get a baseline-measure and log your current activity level for one week by wearing a pedometer.

STEP 2—Set up goals for the 8 weeks of the Barix Fitness Challenge.

STEP 3—Go to www.barixclinicstore.com/fitnesschallenge.html to sign up!

Tracking and logging your steps will help you to establish a healthy activity level. After finding out what your current activity level is, you will be able to set incremental goals and measure your progress towards those goals. Rather than competing with others, your goals should reflect a gradual increase in the number of steps taken each day. From your baseline, increase your goal for the following week by adding 500–1000 steps each day. Your goal for the 8th week of the challenge should be at least 10,000 steps a day—yes, that is 7 days each week. For most people, 10,000 steps is a minimum for maintaining weight loss. If you are

able, set your goal higher. From your first step out of bed until you crawl into bed at the end of the day, walk at least 5 miles (or 10,000 steps) to maintain a healthy weight. Each step counts, so take the stairs, park farther away, walk around the school while your kids are at (basketball, dance, soccer, band, etc) practice, and walk at lunch. It all adds up to a healthier you and you can measure it and log it to see how you're doing. Most people will find that in order to reach their goal, they need to go on a purposeful walk of 2–3 miles each day in addition to the steps they take in their daily activities.



WALKING ESSENTIALS

WARM IT UP

The first 5 minutes of your walk should start at a slower pace to get your blood circulation and your muscles warmed up. Warming up muscles decreases the chances of pulled muscles or other injury.

PACE IT

During the first few weeks, don't push it too hard. If you can carry on a conversation, but not sing a song you should be walking at a good pace. If you want to get a bit more technical, a 20 minute mile (about 120 steps per minute) is good for health, a 15 minute mile (about 135 steps per minute) is better for weight loss, a 13 minute mile (about 150 steps per minute) promotes aerobic fitness.

STEP IT UP!

Already in good shape? Interval training will promote increased fitness for those who are starting with a good solid baseline fitness level. Tracking your steps, walk at a comfortable pace (a perceived exertion level of 6-7 on a scale of 1-10) for 700 steps, and then step up your pace for 100 steps (to a perceived exertion level of 8 or 9). Go back to your original pace for another 700 steps and then step it up again for 100 steps. Continue this change in exertion level until you are finished with your walk.

STRETCH IT OUT

Stretching should occur after your muscles are warmed up, usually at the end of your walk. Don't bounce while stretching. Go into a stretch slowly and hold gently for about 30 seconds.



KEEP IT CONSTANT

Consistency is the key to establishing a new habit. Plan to walk at least 5 days a week—7 is better. Start with a schedule that you can manage and then add to it. As you find your energy soaring as the weeks go on, you will have both the time and energy to bump up your program. Chances are that you will feel a bit tired or have some sore muscles as you begin this program. Don't let this keep you from walking unless you have significant pain. More than speed, or time or even steps...just get moving each and every day. You may want to have a lighter walking day or add some weight training. Be sure to have your habit in place before deviating from your schedule.

FUEL IT

Six small high protein meals will give your body the energy to fuel your new fitness challenge. Eat at least 30 minutes before exercising so you can start to drink water before you even begin to walk. For most walkers, water is the ideal fluid. If it is very hot and humid or if you will be walking for more than an hour, you may want to replace some electrolytes. Just be sure that the drink is sugar free and calorie free. Avoid carbonated beverages to prevent excess gas.

“ FOUR STEPS TO ACHIEVEMENT:

- Plan purposefully.
- Prepare prayerfully.
- Proceed positively.
- Pursue persistently. ”

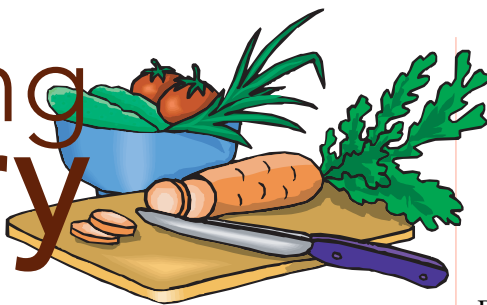
~William A. Ward~

Eight weeks is a big commitment. To be as successful as possible take time to plan for obstacles that could slow down your progress.

- Do you have your doctor's clearance to participate in this type of fitness challenge? Typically, doctors will be thrilled that you are increasing your activity level, however, do check with them to be sure this is right for you.
- Have you taken measurements and pictures? Consider weight, as well as chest, waist, hip, and thigh measurements. How about blood pressure or fasting blood sugar? A picture is worth a thousand words—before pictures are great to show the payoff of your new habit.
- Where will you walk? Sounds simple enough. If you plan to walk outdoors, do you have a contingency plan for bad weather? Consider daylight hours or the safety of walking in your location at night. What is your back up plan if you are walking at a local school and it is closed during spring break?
- Who will support you? Are you going solo? Is your support group all on board? Will your dog accompany you? Do you have a friend or family member ready for this commitment?
- When will you walk? If you do not have a set time of day to walk, it will be easy for other commitments to take priority. Schedule walking into your daily routine.
- Do you need a new pair of walking shoes, music or books on tape to listen to, healthy snack bars, water bottles, a treadmill or a pedometer?



Considering Surgery



WHAT'S NEW?

As your surgery date nears, start to think about how you can set up your environment for success. This means that you will make your environment as conducive to healthy eating as possible. Setting up your environment includes three components: planning meals and snacks in advance to insure that you will have appropriate foods available; purchasing those foods and beverages; and limiting access to problem foods.

Planning ahead actually frees time spent thinking about when, what and where you will eat and assures that you will have healthful foods and beverages available at home, work and on the run. Take time once a week to plan out your main meals and a selection of healthy snacks. Don't get too fancy—most of us are creatures of habit and like to rely on our favorites.

After you have your meals planned, sit down and make a grocery list. Then, simply go and get the healthy foods that will nourish your body. There are lots of healthy convenient foods at the

grocery store. Consider cut fresh fruits and veggies, individual containers of low fat, no-added-sugar dairy products, lean deli meats, and portion packed cheese and crackers. If you don't cook, consider healthier selections of frozen entrees.

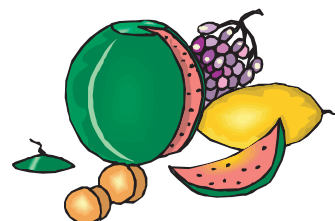
The final component is to become aware of problem foods and temptations in your environment and limit your access to those foods. For example, pay for gas at the pump to limit exposure to unhealthy snacks; don't buy pop, cookies or candy for your children; pack a lunch from home; do not eat while watching TV, or take your favorite sugar free dessert to social gatherings.

Start now to improve your eating habits by setting up your environment for success. There are lots of great tasting healthy foods that you and your family will enjoy. Start to make these adjustments prior to your surgery and see how easy it is when you set up your environment for success.

Detox diets have been around since the 1970s, but have gained popularity again in the last year. Proponents of the detox diets say the body is under constant assault from toxins such as smog, pesticides, artificial sweeteners, sugar, and alcohol. And that a periodic cleansing is required so that these poisons can be flushed from the body before they accumulate and cause headaches, fatigue, and a variety of chronic diseases. Most detox diets allow only water and raw fruits or vegetables. Some also recommend laxatives, enemas or colonic irrigation.

Avoiding large quantities of alcohol, smoke, junk food or anything else in excess does have merit. So does eating more fresh fruits and vegetables and drinking more water. But beyond that the science behind the detox theory has little merit. The body has an amazing set of systems in place to protect itself including the liver, kidneys and digestive tract.

Most people will drop weight quickly with a detox diet, but the weight lost is mainly water weight and as soon as foods are added back in, the weight is regained. Better to spend time and energy improving long term eating, exercise and lifestyle habits than to look for a quick fix. Take the next 10 days and add more fresh fruits and vegetables to your diet and then keep it up. Moderation is the key to good health and detox diets are anything but moderate.



DETERMINE CALORIES USED BY WALKING

PACE: 3.0 mph (moderate pace)	=1.05 kcal/lb/hr
3.5 mph (brisk pace)	=1.28 kcal/lb/hr
4.0 mph (very brisk pace)	=1.82 kcal/lb/hr

EQUATION: PACE x WEIGHT IN POUNDS x HOURS

EXAMPLE: A 150# person walking for 30 minutes at a brisk pace

CALCULATION: 1.28 kcal/lb/hr x 150# x 0.5 hours = 96 calories

EXAMPLE: A 200# person walking for 40 minutes at a moderate pace

CALCULATION: 1.05 kcal/lb/hr x 200# x .67 hour = 141 calories

Note: As weight is lost, fewer calories are used during walking. It takes less energy to move a 170# body than it does to move a 200# body. To continue to get the same benefit, pace or time has to be increased.

REWARD YOURSELF

This month, you could earn a \$25 GIFT CERTIFICATE 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 \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by March 31, 2007. Please send comments, ideas, recipes, and "It Worked for Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to <http://www.barixclinicsstore.com/id190.html>. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

REQUEST A FREE BROCHURE FOR YOU OR A FRIEND

at 800-282-0066, or www.barixinfo.com



QUESTIONS? ABOUT FINANCING YOUR SURGERY...

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

RECIPES

KEY LIME PIE

- 1 - 4 ounce box lime sugar-free gelatin
- 1/4 cup boiling water
- 2 - 8 ounce containers no-added-sugar Key lime yogurt
- 1 - 8 ounce) container sugar-free Cool Whip®

Heat water in microwave until boiling. Add gelatin, stirring with fork until dissolved. Pour into large bowl. Add yogurt, and whisk together until smooth. Add container of sugar-free Cool Whip; stir until smooth. Pour into dessert cups. Refrigerate 2 hours or overnight before serving. Garnish with a dollop of sugar-free Cool Whip and slice of lime. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 70 calories, 1 gram protein, 0 grams fat, 13 grams carbohydrate, 34 mg sodium.

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!

IT WORKED FOR ME

When I first started back on a "normal diet" after my lap band surgery I had a big problem with portioning my food and didn't know I had eaten too much until I got sick 20 minutes later. I was so used to filling my plate as I did pre-surgery. So, I bought small salad/cake sized plates and it helped me greatly control my portion sizes until I got used to seeing how much I should be eating.

BREAKFAST TRIFLE

Found at www.splenda.com

- 1/2 cup Splenda®
- 4 cups plain nonfat yogurt
- 2 teaspoons vanilla extract
- 9 slices white bread, crusts removed, cut into rectangles
- 12 oz frozen raspberries, unsweetened, thawed
- 2 tablespoons Splenda
- 1 can (15 oz) peach slices, no-added-sugar
- 16 oz frozen dark pitted sweet cherries, thawed, drained
- 1 banana, thinly sliced

Blend 1/2 cup of Splenda, plain yogurt and vanilla together in a medium mixing bowl. Set aside. Mix together raspberries and 2 tablespoons Splenda gently. Do not drain raspberries.

To assemble trifle: Pour 1 cup of yogurt mixture in the bottom of the glass bowl. Place 1/3 of the sliced bread on top of the yogurt mixture. Top bread with 1/3 of the peaches, 1/3 of the cherries and 1/3 of the raspberries. Drizzle about 1/3 of the raspberry juice onto the bread.

Place 1/3 of the thinly sliced banana on top of the raspberries. Pour 1/3 of the yogurt mixture over the bread and fruit. Repeat steps 2-5 two more times, ending by pouring the remaining yogurt over the fruit.

Cover and refrigerate at least 2 hours or overnight, allowing the bread to fully absorb the fruit juices. Makes 10 servings.

NUTRITION INFORMATION PER SERVING: 200 calories, 8 grams protein, 1 gram fat, 39 grams carbohydrate, 190 mg sodium.

SUBSCRIBE to On Track With Barix

www.barixclinicsstore.com/newsletter.html

Goal Steps/Steps Walked

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							

Measurements

Week	Weight	#Lost	Chest	Waist	Hip	Thigh
1						
2						
3						
4						
5						
6						
7						
8						