



ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Moving Forward

Get your body and mind in sync for your best self ever.

What is it that you see when you think about a healthy you? Is it having energy left at the end of the day, walking up 2 flights of stairs without being winded, fitting comfortably in an airplane seat, or simply the feeling of being normal?

You've taken the first step towards health and wellness with bariatric surgery—an effective tool to help you reach your weight and health goals. The second step is to put behaviors in place that help to support a healthy body in the long run.

There are many physical and psychological changes after surgery; your body works with you (instead of against you) as you make efforts to change unhealthy behaviors. You see rapid results, encouraging you further. These internal changes are a tremendous help, a tool to help you move forward towards your goals. Although you have this internal tool, the external world around you doesn't change when you have surgery, and it provides some significant challenges. For instance, food is still a big part of almost every social situation. You're still just a short distance from your favorite fast food. Your co-workers continue to bring in donuts every Friday. It still takes a lot of effort to engage in regular exercise. Some people

remain unkind. There are only 24 hours in each day. Life has many difficulties.

Our environment and society promote weight gain—requiring you to be aware of the pitfalls and protect yourself with healthy behaviors and strategies. It takes effort to find and consistently use strategies to cope with the challenges you face in a healthy manner, but with determination and the tool of bariatric surgery, it is well within your grasp.

Change can be difficult and downright overwhelming. Change takes courage to be different—the only one at the birthday party not having cake. Change takes effort—overcoming a lack of motivation that tells you to skip the gym tonight. Change requires that you move out of your comfort zone to see and think of yourself differently—as a healthy, fit person.

Change the changeable. Accept the unchangeable. Remove yourself from the unacceptable.

Denis Waitley

So how do you change, leave unhealthy ways behind, and move forward with a healthy new you?

Keep in mind that it is the little things that count. Our habits and even our health are a cumulative result of many small choices each day. Beth Moore, author of *Breaking Free*, puts it this way:

“You'll never reach your milestones if you can't manage your moments.” Learn to focus on and triumph over the small choice at hand rather than becoming overwhelmed by the big picture. Do a little happy dance, at least in your head, as you walk away from the temptation in the break room. Raise your fist high in victory as you drive steadily past your favorite fast food restaurant. Put a little star on your work monitor to celebrate that you packed a healthy lunch today. Have fun with it and celebrate the new you!

You've got to be sold on the benefits of making the change or you're sure not likely to make the effort. If you're not sure why your Barix Clinics nutritionist asks you to eat six small meals, meet your protein goal, or avoid drinking with meals, ask. You need to know that the benefit is worth the effort.

Know that it is going to get easier. When you first attempt to make a behavior change, it takes a lot of effort. You need to overcome your auto-pilot—you know, that tendency to do something a certain way without thinking about it. It takes practice, sometimes lots and lots of practice. But, the good news is that over time your efforts can actually change the neuro-pathways in your brain—making the desired behavior the new auto-pilot. You won't even need to think about it, or at least not as much. Before you head to bed, you'll pull out the small containers and make

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your lunch and snacks for the next day. You'll take your vitamins right before you brush your teeth. And so on with each small behavior as they all add up to a healthier you.



Be willing to give food its rightful place.

Our society, the advertisements we see on TV, and our past experiences have given food a much higher status than it deserves. Food is essential to nourish our bodies. Food should be enjoyable, but it makes a poor friend, comforter, entertainer, and boredom fighter. Start to think about food differently. Your birthday celebration isn't about the cake; it's about celebrating how special you are. Thanksgiving is about giving thanks, not turkey and ham. Think about what it is that you need when you have the urge to eat when you are not hungry. If you are bored, find something to do. Lonely, call a friend. Work hard to shift the focus away from food and onto other aspects of life.

Set some specific goals that you can measure. Are you going to walk for 30 minutes five days a week, avoid foods and beverages with more than 2 grams of added sugar, meet your protein goal daily, pack your lunch and snacks the evening before, or all of these? You need to know what you are shooting for—the little steps that are going to lead to a lifestyle that supports a healthy weight.

Visualize the results. Put the image of a healthy, fit, energetic, confident you in the front of your mind. Visualize yourself confidently walking onto a plane and easily buckling the seatbelt, having the time of your life at the amusement park, running a marathon, trying on a size 10 and having it fit, or playing with your children/grandchildren in the yard. What is your vision for your future?

Keep positive. Negative self-talk can derail the most enthusiastic person. Find a new mantra and when you hear a negative thought creeping into your mind, replace it right away with something like, "I can do this!"

Get support. A community of likeminded people will encourage you, inspire you and help you through the tough times. Online support through the Barix Connection message boards, family and friends, and Barix Clinics support groups can make a world of difference. You are not in this alone. Many others have faced the same giants and have overcome them—connect with those people and support each other.

Plan, plan and plan some more. Take the time to plan meals and snacks in advance. Add up the protein ahead of time to be sure you will meet your goal. Pack a lunch/snack bag the night before. Plan exercise into your daily routine. Plan for celebrations—can you shift the emphasis from food? Plan for sugar-free treats occasionally. Plan for travel and trips.

Celebrate and reward. Be sure to celebrate each of your successes. It might be simply saying "Yes!" to yourself as you manage a moment, new workout clothing after a week of meeting exercise goals, eating meals on china, a new hairstyle, a planned trip, or taking a class that you have always wanted. Appreciate and reward yourself for all of your hard work—you earned it.



It Worked for Me

Submitted by Janet T.

My kids started to take turns making dinner and packing lunches for the next day. We're all eating better and they are proud of their culinary creations.

Salmon & Asparagus

- 1 pound fresh asparagus spears, cut into 2-inch pieces
- 1 1/2 teaspoons extra virgin olive oil
- Coarse sea salt and freshly ground pepper to taste
- 1 pound fresh or frozen salmon fillets with skin
- 1 teaspoon finely shredded lemon peel
- 1 teaspoon snipped fresh parsley

Place two (1 large and 1 medium) cast-iron skillets or oven-safe heavy skillets in a cold oven; heat oven to 450 degrees F. In a medium bowl combine asparagus and 1/2 teaspoon olive oil; sprinkle with salt and pepper. Brush the remaining teaspoon of olive oil on both sides of fish; sprinkle lightly with salt and pepper.

Carefully remove hot skillets from oven. Place fish, skin side down, in the large skillet. Place asparagus in the medium skillet. Return skillets to oven. Bake for 12 minutes, or until fish flakes easily when tested with a fork and asparagus is crisp-tender.

Sprinkle lemon peel and parsley on fish and serve. Makes 4 servings.

Nutrition information per serving: 267 calories, 28 grams protein, 18 grams fat, 4 grams carbohydrate, 72 mg sodium.



Roasted Pork with Apples

- 1/2 teaspoon sage, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 1 pound pork tenderloin
- 1 tablespoon vegetable oil
- 1 medium red onion, cut into thin wedges
- 3 medium apples (Granny Smith or Jonathan work well), cored and cut into 1/2-inch thick wedges
- 2/3 cup 100% apple juice

In a small bowl, combine sage, salt, and pepper; rub on all sides of tenderloin. In a large skillet brown tenderloin in hot oil over medium heat, turning to brown all sides.

Transfer pork to a shallow roasting pan. Add onion to pan around pork. Roast, uncovered, at 425 degrees F for 10 minutes. Stir in apples; roast for 10 to 15 minutes more or until pork internal temperature reaches 160 degrees F. Remove from oven, transfer to a serving platter and cover with foil. Let stand for 10 minutes and then slice.

In a small saucepan bring apple juice to a boil; simmer gently, uncovered, for 8 to 10 minutes or until reduced to 1/4 to 1/3 cup. Drizzle over meat and apple mixture prior to serving. Makes 4 servings.

Nutrition information per serving: 325 calories, 25 grams protein, 8 grams fat, 42 grams carbohydrate, 424 mg sodium.

Broccoli Apple Salad

- 1 cup small broccoli florets
- 1 cup sugar snap peas
- 1 head butter lettuce
- 1 apple, sliced thin
- 1 Tbsp. sunflower seeds
- 2 Tbsp. dried cranberries
- 3 Tbsp. crumbled reduced fat goat cheese
- 1 Tbsp. olive oil
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. sugar-free maple syrup
- 1 tsp. Dijon mustard
- salt and pepper to taste

Bring a pot of salted water to a boil. Add the broccoli and sugar snap peas and blanch for 2 minutes. Immediately drain and rinse with cold water.

Whisk together the olive oil, sugar-free maple syrup, vinegar, salt and pepper.

Toss together all ingredients and serve. Makes 4 servings.

Nutrition information per serving: 96 calories, 4 grams protein, 4 grams fat, 16 grams carbohydrate



Easy Sugarfree Cheesecake

- 1 prepared graham cracker crumb crust
- 1 - 4 serving pkg. sugar free lemon gelatin
- 1 cup boiling water
- 2 - 8 oz pkg. fat free cream cheese
- 2 teaspoons vanilla extract
- 1 cup Cool Whip Free®
- Lemon slices, optional

Dissolve lemon gelatin in boiling water. Let cool until thickened, but not set. In a large bowl, beat cream cheese and vanilla until smooth. Blend in lemon gelatin.

Fold in Cool Whip Free. Pour filling into crust. Refrigerate overnight. Garnish with lemon slices if desired. Makes 8 servings.

Nutritional information per serving: 175 calories, 10 grams protein, 5 grams fat, 22 grams carbohydrate, 537 mg sodium.