

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Hitting the Road

*Travel tips to keep you active and focused this summer*

**A**ny type of travel, from a weekend with family in the next state to a long trip to a foreign country, disrupts routine. Getting out of your routine is a good thing. It can allow for rest and relaxation, new sights and experiences and expanding your perspective. There will be new foods to try and new activities to embrace. However, breaking routine can make it easy to throw caution to the wind and neglect the healthful eating and exercise habits you've worked so hard to establish. The key is to find a healthy balance. Sure, it's challenging to eat right and move enough when traveling, but a little bit of planning can go a long way to make sure that you stay on track with your eating and exercise habits when you hit the road. It'll be great to return home with a sense of satisfaction and accomplishment, ready to settle back into your healthy routines.

### Stay Active.

Be prepared by researching your travel route (if going by car) and destination for activity options, and by packing comfortable active wear and shoes.

If you routinely track your steps, keep up this practice. If not, this is a great time to start. Short walks, long walks and everything in between count as you work towards a daily step goal. Here are some thoughts to keeping your feet moving:

- If you're driving and the weather is nice, take a break at a park with walking trails. If the weather's not cooperating, find a mall to walk.
- Airports make a great walking track. Be sure you're dressed comfortably with the right shoes. Leave your bag with a traveling companion while waiting for your flight and make a lap or two through the secured area. Traveling alone? No problem: put everything in an easy rolling bag and pull it behind you.
- At your destination, do your sightseeing by foot. Park the car and walk or rent a bike to explore.

If you have access to a pool, lake or ocean, be sure to engage in some water fun. Swimming, water exercises or just playing in the pool can be a great way to cool off and stay active.

Be sure to check into national and state parks. They offer inexpensive and exciting opportunities for family-friendly adventure vacations. You can explore caves, glaciers, volcanoes, coral reefs, geysers, hot springs, and history galore.

Try a new exercise class — something that you've always wanted to do, but just haven't found the time. Look for



local offerings like indoor cycling, cardio drumming, line dancing, Zumba, yoga, or schedule a session or two with a personal trainer.

An active vacation can be exhilarating and one that you will remember for years. Look at the list of vacation activities on the following page and see if you're not inspired.

### Eat Healthy.

Overindulging in unhealthy foods and drinks will leave you feeling sluggish and perhaps sick. Don't veer too far from your normal eating schedule — emphasizing protein-rich foods and mostly calorie-free beverages to feel great throughout your trip.

**By plane.** Start your trip on the right foot — plan ahead when traveling by plane so you'll be sure to have healthy food options. Airplane and airport food is more limited and costly than ever.

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Your best option is to pack meals and snacks to see you through your trip. Extend the travel life of foods by using a small insulated bag for travel and then transfer to a refrigerator once you reach your destination. Purchase bottled water or low-fat milk after you pass through security.

Airplane security has strict rules. Generally, solid foods are okay, but yogurt, applesauce, pudding, and gelatin may not be allowed. Food must be wrapped or in a container with the exception of fresh, unpeeled fruit which doesn't need to be wrapped.

#### Here are some ideas of foods to take with you:

- Protein bars (2 grams or less added sugar)
- 100-calorie nut packs
- Dry roasted edamame
- Soy crisps
- String cheese
- Oscar Mayer P3, Portable Protein Packs
- Beef or turkey jerky (look for lower-sodium brands)
- Beef or turkey sticks (look for lower-fat and sodium brands)
- Peanut butter and veggies or crackers
- Individual protein powder packets



- Babybel light cheese
- Tuna packs
- Packaged chicken salad
- Deli roll-ups
- Lettuce wraps
- Tortilla wrap sandwiches

Be sure to ask for a refrigerator while reserving your room if you're staying at a hotel. Make a quick stop at a local grocery store to stock it up with water bottles, fresh fruits and veggies and lots

of protein-rich snacks. When it's time to head out to your next activity, just pack up your insulated bag, add a bit of ice and you're ready to go.

Choose wisely when eating out. If possible look at the restaurant's menu ahead of time. Don't be afraid to ask for food prepared "your way." If you would like shrimp cocktail as your entrée, grilled chicken in place of fried, or a side of steamed veggies instead of fries, ask. Be sure to ask about the sugar content of unfamiliar sauces or dishes.

Hit the road and have a great time. By taking care of yourself and resisting the urge to overindulge, you'll return healthy, refreshed and ready to jump back into your healthy routine.

**ALMOST EVERYTHING**  
will work again if you  
**UNPLUG IT** for a few  
minutes...including **YOU.**

Anne LaMott

## Vacation Activities

Adventure Cruises  
Amusement Parks  
Archaeological Tours  
ATV Tours  
Backpacking  
Bicycle Tours  
Mountain Biking  
Canoeing  
Castle Vacations  
Cattle Drives  
Dog Sledding  
Vacations  
Dude Ranches  
Equestrian Vacations  
Family Camps  
Fantasy Camps  
Fishing Charters  
Golf Vacations  
Health & Wellness

Hiking Vacations  
Horse Pack Trips  
Houseboat Rentals  
Ice Climbing  
Jet Skiing  
Kayaking  
Mountain Climbing  
Multisport  
Adventures  
National Park  
Vacations  
Paintball & Skirmish  
Polar Expeditions  
Racing Schools  
Rock Climbing  
Running Vacations  
Safaris  
Sailing Vacations  
Scuba Diving

Skiing &  
Snowboarding  
Snowmobiling  
Snowshoeing  
Sports & Fitness  
Camps  
Supernatural Tours  
Surfing Vacations &  
Camps  
Trail Rides  
Volunteer Travel  
Wagon Train  
Vacations  
Walking Tours  
Water Sports  
Whitewater Rafting  
Working Ranches



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## Recipes



### Oopsie Rolls

3 eggs, separated  
1/8 teaspoon cream of tartar  
3 ounces plain Greek yogurt  
1/8 teaspoon salt

Preheat oven to 300 degrees F. Line a cookie sheet with parchment paper and lightly spray with nonstick spray. Separate the eggs, making sure no yolk gets into the whites. Mix the egg whites and cream of tartar in a bowl and mix with electric mixer until stiff peaks form. In a separate bowl, combine the egg yolks, yogurt, and salt. Mix until smooth.

Using a spatula, carefully fold the egg whites into the sour cream mixture. Spoon 6 large mounds of the mixture onto the prepared baking sheet. Flatten each mound gently with a spatula. Bake 30-40 minutes, until golden brown. Cool for 5 minutes before gently transferring to a wire rack to cool completely. Store leftovers in a slightly opened plastic storage bag in the refrigerator up to 3 days. Makes 6 servings.

**NUTRITION INFORMATION PER SERVING:** 44 calories, 5 grams protein, 3 grams fat, 1 gram carbohydrate, 84 mg sodium.

**No matter what happens, travel gives you a story to tell.**

*Jewish Proverb*

### Muffin in a Cup

1/4 cup almond meal flour  
1 scoop vanilla protein powder  
1/4 tsp baking powder (double acting)  
1/8 tsp salt  
1/2 tsp cinnamon  
1 tsp vanilla extract  
1 large egg  
1 tsp vegetable oil  
1 Tbsp. water  
1 Tbsp. Greek Yogurt  
Fruit of choice (blueberries, etc.) - *Optional*

Place all dry ingredients in a coffee mug. Stir to combine. Add the egg, and oil, water and Greek yogurt. Stir until thoroughly combined. Microwave for 1 minute. Use a knife to help remove the muffin from the cup. Slice and eat. Makes 2 servings.

**NUTRITION INFORMATION PER SERVING:** 162 calories, 16 grams protein, 10 grams fat, 5 grams carbohydrate, 255 mg sodium.

### PB Banana Protein Bites

1/4 cup oat bran  
1/4 cup almond flour  
1 scoop vanilla protein powder  
2 T peanut butter powder (like PB2)  
2 T Greek yogurt, vanilla  
1/2 small banana, mashed  
4 sugar-free Hershey's chocolate bar, finely chopped  
2 T fat-free milk

In a medium mixing bowl, add the oat bran, almond flour, protein powder, and peanut butter powder and stir until mixed. Add yogurt and banana; mix well. Add milk as needed to thin mixture until you are able to form small golf-ball-sized balls with your hands. Coat balls with chopped chocolate. Enjoy right away or refrigerate for 30 minutes to firm up. Makes 4 servings.

**NUTRITION INFORMATION PER SERVING:** 131 calories, 10 grams protein, 7 grams fat, 17 grams carbohydrate, 58 mg sodium.