

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Fresh Start

DEVELOP THESE FRESH HABITS THAT WILL TAKE 2018 TO THE NEXT LEVEL.

**B**ariatric surgery is a fresh start—an opportunity to once again be all that you can be. As you reach weight goals, you reach new milestones on your personal health journey. You're able to easily do many things that you were unable to do for years—crossing your legs, tying your shoes, riding a rollercoaster, and fitting into an airplane seat. Your weight and health no longer limit you. You may be tempted to become complacent with your newfound freedom, but it's not time to stop improving your health—instead, use the fresh start of weight loss to take you to the next level of health and fitness.

### HIT THE RESET BUTTON.

*Whatever happened yesterday, forget about it. Get a new perspective. Today is a new day. Fresh start, begins now."*  
**Germany Kent**

Every day provides an opportunity for a fresh start—to banish bad habits and replace them with habits that will move you forward to a healthier you. Think about what you'd like to achieve, who you'd like to become and then engage in behaviors that will help you reach your dreams and ambitions. After all, we become what we repeatedly do—it's all of those small daily habits that get us where we want to go.

What does a fresh start mean to you? We've put together some ideas of things you may consider to live more fully and continue to improve your health and well-being.

### Fresh Thinking

Positive thinking is certainly a good place to start, because without it, achieving any goal will be close to impossible. We may think that situations dictate the way we feel and behave, but it is really our thoughts. The good news is that we can learn to control our thoughts and that will lead to changes in our feelings and in our behavior. For example, consider how different people may think about attending a wedding after surgery.

- One person may think about not being able to fully indulge in food, cake, or alcohol. They may select appropriate foods, but grumble through the event not really enjoying it at all.
- Another may think about attending in smaller clothing and sharing in the wonderful celebration. They are happy and content to select small amounts of the healthy foods served.
- Another yet, may think about all of the hard work they have done and that they are entitled to some indulgences. They may end up eating and drinking in excess.



You can easily see how thoughts lead to not only feelings and behaviors, but also to the level of enjoyment we have. Practice fresh, positive thinking and see where it takes you.

### Fresh Eating

Build your diet on whole foods—lean protein sources, fresh vegetables and fruits, and small amounts of whole grains and nuts. These foods will meet your nutritional needs without adding a lot of unwanted calories and chemicals. Select and enjoy your favorite whole foods.

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## Limit choices

Once you know what you like and what works, why reinvent the wheel every day. Select from 3-4 breakfast, lunch, dinner and snack options. It'll be easier to eat healthier foods, control portions and calories, meet daily goals, and simplify your life.

## Strategize

Don't buy chips, crackers, ice cream, pop or other junk foods. If it's not in the house or office, you won't be tempted. Do not rationalize that your kids, spouse or co-workers need them.

Become a master of portions. How much you eat is just as important as what you eat. Read labels, measure, and single-portion pack whenever possible. You'll be better able to judge portions when measuring tools are not available.

**EXERCISE DAILY**  
and you'll gain strength,  
confidence and power.

Find healthy restaurant options. Chances are you'll eat better if you prepare your own meals and you should most of the time. When you do eat out, choose wisely. Healthier options are available at most restaurants. Look up the menu (and calories if available)



ahead of time so you'll have time to plan your order.

## Fresh Fitness

Build on your current fitness level is, whatever it is. If you're able to train for a 5k, or 12k race—great, get going. If you are limited to chair exercises, that's okay—it's amazing what a workout you can get while sitting in a chair. If you want to have a healthy future, you need to find time for regular exercise today.

**Try something new.** You'll never know just what your body can do until you try. Find a workout buddy especially when you're going out of your comfort zone—there's strength in numbers.

**Workout in the AM.** Get organized by prepping the night before. Everything you can get done (lunch and snack for the next day, dog's food bowl filled and covered on the counter, work clothes set out, etc.), get done. Then set out your workout clothes and put them on upon rising. Make sure to turn off the TV and get a good night's sleep. You'll be more likely to meet your fitness goals and have more energy throughout your day.

As your body gets stronger, reassess your fitness goals and stretch to new heights.

## Fresh Relationships.

Healthy people need healthy relationships. In our society, people tend to gather around food. It may be time to buck tradition and meet family/friends for a walk, an afternoon of bowling, a zoo visit, a gym date, or another active pursuit.

Relationships don't just happen, they take work. Think about the relationships that you would like to grow this year and put a plan together to help make that happen. Are there old friendships that you would like to rekindle, do you want to focus on your immediate family, or are new relationships going to be your focus? Spending regular quality time with people is one of the best ways to boost relationships.

## Fresh Nurturing

It's all about balance. Push yourself to reach new limits, but also pull back and nourish your body and soul. You'll need to prioritize good sleep, perhaps add some meditation, find ways to add laughter, give yourself time to simply rest, and speak kind and encouraging words to yourself.

I hope that in this year  
to come, you

**MAKE MISTAKES.**

Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something.

**Neil Gaiman**

## SUBSCRIBE

### On Track With Barix

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newsletter\\_sign\\_up.html](http://www.barixclinicsstore.com/newsletter_sign_up.html)

## Reconstructive SURGERY

To receive a free **Reconstructive Surgery Guide**, call **800-282-0066** or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, and Pennsylvania. **Call us today for more information!**

## Share Your SUCCESS

Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

**Submit your story online**  
[www.barixclinicsstore.com/share\\_your\\_story.html](http://www.barixclinicsstore.com/share_your_story.html).

*We'd love to hear from you!*

## QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative  
**800-282-0066**

## Recipes

### Spinach Poppy Seed Salad

- 2 cups romaine lettuce, washed and chopped
- 2 cups spinach leaves, washed and chopped
- 2 cups green leaf lettuce, washed and chopped
- 1/2 cup mandarin oranges, packed in juice, drained
- 1/4 cup pomegranate seeds
- 1/4 cup red onion, chopped
- 1 ounces pecans, chopped
- 6 tablespoons Skinny Girl Poppy Seed Dressing

Mix greens together. Top with oranges, pomegranate seeds, onion and pecans.

Pour dressing over entire salad just before serving. Makes 6 servings.

**NUTRITION INFORMATION PER SERVING:** 57 calories, 2 grams protein, 4 grams fat, 9 grams carbohydrate, 105 mg sodium.



## Get Rewarded!

*This month, you could earn a **SPECIAL GIFT** 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 special gift from our online store. Include your name and contact info with your entry — make sure your recipes follow Barix nutritional guidelines. **Tips must be submitted by January 31, 2018.** Please send comments, ideas, recipes and "It Worked For Me" tips to [Deb Hart, RD, LD at dhart@foresthealth.com](mailto:dhart@foresthealth.com).*



### Lime Chicken

- 1 tablespoon vegetable oil
- 2 tablespoons all-purpose flour
- 1/2 tsp. chili powder
- 1/4 tsp. salt
- 12 oz boneless, skinless chicken breasts, sliced thin (1/4" thick)
- 1/2 cup low-sodium chicken broth
- 2 tablespoons fresh lime juice
- 2 tablespoons minced cilantro

Heat oil in a large nonstick skillet. In a large plastic reclosable bag, mix the flour, chili powder, and salt. Add chicken and shake until well coated. Transfer the chicken to the skillet, shaking off any excess flour; sauté until cooked through, about 3 minutes on each side. Pour broth and lime juice over the chicken; heat to serving temperature, about 30 seconds.

Transfer chicken to plates.

Spoon the pan juices over chicken and sprinkle with cilantro. Makes 4 servings.

**NUTRITION INFORMATION PER SERVING:** 186 calories, 28 grams protein, 7 grams fat, 2 grams carbohydrate, and 309 mg sodium.