

# THE BARIX™ SUPPORT GROUP GUIDE

For Education and Support of all Barix Clinics Patients



## BREAKING BAD HABITS

MAPPING AN ACTION PLAN TO FREEDOM

**hab-it** *n. involuntary pattern of behavior acquired by frequent repetition.*

In this journey of life, we have all developed habits. Good habits, because we perform them without thinking, free us to concentrate our energies on other pursuits. Bad habits encumber and enslave us, preventing us from moving forward in our lives—keeping us from being all that we can be. If you think about it, we make our habits and then they turn around and make us. Changing these ingrained involuntary behaviors takes hard work. There is no magic bullet. Want to make some improvements to your life? Want to move ahead, free of the encumbrance of a bad habit sabotaging your desire for optimal health and quality of life? We've outlined some steps for you to take.

***Make a list of your bad habits.***

Sounds simplistic, but habits live in the unconscious—they are involuntary behaviors, so we need to become consciously aware of them before we can tackle them. After you have identified your bad habits, determine those that you are currently ready to change. You can't tackle all of them at once so choose one or two to start with. Keep your list handy for future reference.

***Rate the seriousness of your bad habit.***

Let's pick a sedentary lifestyle as our example bad habit. Clearly a sluggish metabolism, a lower energy level, an increasing waistline, decreased self-esteem, decreased fitness, increased shortness of breath, and an increased risk for multiple diseases could be included in this list. You may have already experienced some of these consequences, discouraged and frustrated in the negative changes to your health and body. Have yourself look forward one year, five years, and ten years. What is the consequence of this bad habit on my health in the long-term? This one is pretty clear, change the bad habit or be destined to declining health and fitness.

***Identify the reward for the bad habit.***

What are you gaining with your sedentary lifestyle? It may be more time to meet obligations of work or family. It may be the opportunity to "pamper" yourself at the end of the day. You may not like exercise. You may prefer to spend your time on other pursuits, such as watching TV or computer use.

***Identify what you will gain by changing the bad habit.***

In our example, regular exercise will reap a more energetic healthful lifestyle. Benefits include improved circulation,

strengthened heart and bones, increased strength and muscle tissue, increased metabolism, improved mood, improved weight control, better self-esteem, etc. The self-discipline and self-confidence that develops with a regular exercise program spill over into other areas of your life. When you balance the benefits to changing your habit and the seriousness of your habit against the reward of continuing the habit, it is pretty clear that regular exercise is important.

**What are your FIVE MOST IMPORTANT goals for tomorrow?**

Each night or first thing every morning, list the five most important goals for your day. You may need to grocery shop, write a thank you note, call your mother-in-law, watch your child's soccer game, start outlining a business idea, get to the gym, or read with your children. If we each ask ourselves this question every day and accomplish it every day, we will accomplish those things in our lives that are really important.

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**Make a choice.** Your habit is no longer an involuntary act because now you know that you are making a choice—which you value more, the reward for a sedentary lifestyle (the bad habit) or the reward for engaging in regular exercise (the benefit for changing the bad habit). You are no longer blindly reacting to your old behaviors. You have the power to choose and choice is powerful. Once you have made the choice to change the bad habit, get specific. What will you do? What do you need? How will you begin? Visualize giving yourself a clear picture of where you are going. Set goals so you know exactly what you are going to accomplish and have an action plan for everyday.

**Change the habit.** Bad habits are stopped the same way they are started, with repetition. It takes about three to four weeks to change a habit. That means that you need to make a conscious effort for 3–4 weeks—then it will become automatic. Most experts agree that to have an old habit broken or a new habit established, you must repeat it daily for the 3–4 weeks. So the key appears to be... don't skip a single day! Replace negative self-talk with powerful affirmations. Journal to deal with conflicting emotional messages. Continue to visualize daily. Celebrate victories. Each and every day when you complete your action plan, take a moment to reflect on the positive changes you are making in your life.

## IT WORKED FOR ME!

I bought a travel cooler that plugs into your car cigarette lighter for battery power. I found it very useful for trips to work and to my doctor appointments and trips that were more the a couple hours. I could take along a protein shake, cheese sticks, a piece of fruit, a healthy sandwich, cold water, yogurt, what ever I felt like. It was much easier than packing ice or ice packs and it was always cold on long trips. Plus I had control of the items I was eating—no fast food—and it was a cost savings.

—Submitted by Brooke E.

### Apple Pie Smoothie

1 scoop Matrix 5.0™ Simply Vanilla  
½ cup applesauce, no added sugar  
½ tsp. cinnamon

¼ tsp. nutmeg  
¾ cup milk, skim  
8–10 ice cubes

Blend all ingredients. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 237 calories; 28 grams protein; 1 gram fat; 25 grams carbohydrate; 197 mg sodium.

### Breakfast Muffin

Submitted by *Rebecca R.*

½ whole wheat English muffin,  
toasted  
¼ cup egg beaters  
¼ cup shredded mozzarella cheese

Pour egg beaters in a microwave dish. Microwave for 1 minute and 25 seconds. Sprinkle cheese on egg. Place on English muffin. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 165 calories; 16 grams protein; 6 grams fat; 15 grams carbohydrate; 341 mg sodium.



## WHAT'S New

Look for the new Barix Clinics Store by the end of the year. The store will allow you to purchase protein supplements and other products of interest. It also has recipes for the protein supplements, tips, and healthful habits information. Just go to [barixclinics.com](http://barixclinics.com) and look for the new link. Send great ideas of what to include on our new website to [dhart@foresthealth.com](mailto: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 on the “Share Your Success” section of the Patient website. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.



**REFER a FRIEND! CALL JULIE at 800-282-0066, ext. 1425, or REQUEST a FREE INFORMATION GUIDE for a FRIEND—[www.barixinfo.com/sfg](http://www.barixinfo.com/sfg)**

# 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 December 31, 2005. This month, thanks to Rebecca R., and Brooke E. for the tips and recipes. Please send comments, ideas, recipes, and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

## Iced Latte

8 oz decaf coffee, chilled  
1 scoop Matrix 5.0™ Simply Vanilla

Stir Matrix Simply Vanilla into chilled coffee, add ice and enjoy. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 120 calories; 22 grams protein; 1 gram fat; 2 grams carbohydrate; 100 mg sodium.

## Fuzzy Yogurt

1 scoop Fuzzy Navel Nectar™  
(any fruit flavor works great)  
8 oz yogurt, unflavored, low fat

Stir Nectar into yogurt, enjoy. Makes one serving.

**NUTRITION INFORMATION PER SERVING:** 220 calories; 36 grams protein; 0 grams fat; 19 grams carbohydrate; 230 mg sodium.



## 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 all our centers in Michigan, Ohio, Illinois, Pennsylvania, Texas, and Arizona.

## QUESTIONS ABOUT FINANCING YOUR SURGERY?

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

# HEALTHFUL Tidbits

WebMD reports "Baby boomers are flocking to fitness centers in record numbers". The article cited the desire for a better quality of life as the main motivating factor. We all know that maintaining a healthy weight and an active lifestyle is key to remaining active into our later years and research continues to back that up. Inactivity doubles the risk of mobility limitations as we age. This was found in a study published in the Journal of the American Geriatric Society. It also found that vigorous activity lessens the risk of mobility limitations.

Source: [www.webmd.com](http://www.webmd.com). *Fitness after 50: The Gym Goes Gray.*

Health clubs are changing to accommodate this older customer base. They are changing the goal of working out to improving health rather than having a perfect body. Neighborhood health clubs have popped up in recent years offering quick and sensible circuit-training programs.

WebMD recommends that you get a check up prior to starting a new fitness program and that you listen to your body to determine an appropriate effort level. Consistency is key.



