

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Healthy Inspiration

Tips to give yourself that extra "push" of motivation!



Have you ever felt inspired by someone else's healthy behavior? A family member decides to give up sodas and fast food.

You notice that a co-worker is walking at lunch. You pick up a health magazine and see the dramatic changes in someone who lost 40# by changing their lifestyle. You read an article about the health benefits of beans. You notice an abundance of fresh produce in the shopping cart in front of you. A friend posts pictures from the color run she participated in with her daughter. Inspiration can come from almost anywhere and a thought enters your mind, "I can do that!"

Notice who and what inspires you to make healthy choices and then surround yourself with those people, places and things. Healthy lifestyle behaviors all start somewhere and then evolve from that starting point. Healthy behaviors often build upon each other; for example, you start a walking program and then decide to remake your evening snack options. Look for healthy inspiration throughout your day:

Health-minded Friends/ Family/Co-workers

These are the people you encounter on a regular basis and their healthy behaviors and attitudes rub off. Spend more time with those who encourage

and inspire you to be all that you can be and less time with those who hold you back.

Social Media

Social media networking gives you the opportunity to join groups of people who have similar health interests, or interests you aspire to share. No matter what your participation level is with the group (reading other's interactions and stories, asking questions and receiving support, or providing support to others), you're likely to benefit from the interactions. Although you may never meet your supporters face-to-face, strong relationships can be formed. And the great thing about technology is that your supporters may be miles away, yet still be there when you need them.

Magazines

Reading health magazines can put thoughts and ideas for healthy behaviors in the forefront of your mind. There are several really good ones out there that highlight healthy behaviors like fitness, healthy eating, or sustainability.

Fitness Groups/Classes/Clubs

Reaching new heights means moving outside of your current comfort zone. To find fitness inspiration, choose a fitness program that is just slightly beyond your comfort zone. It should be something that you are physically able to do, although perhaps a little intimidating

at first. By slowly expanding your boundaries, you'll find meet like-minded people and accomplish more than you originally thought possible.

New Foods

We get stuck in a rut with foods and tend to eat the same selections over and over. For a new perspective, take a trip through a different grocery store (preferably one that focuses on healthier options) and pick out one or two healthy foods that you have rarely or never eaten previously. Healthy cooking classes or new healthy recipes are other ways to break your routine.

Take on a Challenge

Challenges like the couch to 5K, 10,000 steps, walk for breast cancer, Make-A-Wish 3-day bike ride, and many others are popular because they inspire us to work hard to meet the goal. A common goal like this builds camaraderie and often a sense of a higher purpose that inspires us to do more than we otherwise would.

Need to Feel Better

Sometimes inspiration comes from the simple fact that you are sick and tired of feeling sick and tired. The desire to gain back the energy and physical abilities that have been lost over time may be your catalyst to move forward with healthy behaviors.

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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, 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.

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We'd love to hear from you!

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Looking to the Future

Perhaps it is a milestone birthday, an encounter with someone older than you or a health scare that brings you to the realization that your daily behaviors will have a direct impact on the kind of life you will be able to live in the future. Maintaining health and independence as we age takes dedication to eating right and exercising regularly.

You can see that inspiration can come from many sources. Getting and staying connected to support networks that have a positive impact can be key to establishing healthy behaviors. Those going through similar challenges with a positive attitude and consistent commitment can be especially helpful.

It's important to keep in mind that just as healthy behaviors can be influenced by the world around us, so can unhealthy behaviors. When seeking support, be aware of those who on the surface seem to support you, but at almost every turn sabotage your efforts—a walking buddy who often bails on you, a co-worker who brings in your favorite cookies, or a forum friend who posts about cheating the system. These people may feel comfortable with you just the way you are or may be struggling themselves.

It is also important to keep in mind that eating and socializing go together—unless you are trying to forge new eating habits or reach and maintain a healthy weight—then there is good reason to keep these separate. The natural tendency is to increase the amount eaten (30% or more) when eating with others. You are also more likely to splurge on an unhealthy food choice or dessert if your meal mate does. Instead of eating, go for a walk, catch up over a cup of coffee, take a yoga class together, or enjoy a movie without refreshments or dinner afterward.

Once you have healthy habits in place, be sure to share your enthusiasm, ideas, and encouragement as you become an inspiration to those around you.



It Worked for Me

Cookout season is here! Here are some favorite cookout foods from Barix Clinics patients.

- Grilled salmon, asparagus, dill yogurt sauce, spinach salad w/garlic and olive oil. Seasoned to taste. A fresh fruit smoothie for dessert
- Big tossed salad with grilled chicken on top
- Marinated sirloin steak cooked juicy pink and grilled asparagus
- Boneless chicken breasts, juice of 4 limes, 2 Tbsp olive oil, 1 Tsp chili powder, 1 Tsp dried oregano, 1 Tsp ground cumin, 1 Tsp dried sage. Place all in a ziplock bag and marinate. Grill.
- Shrimp and pineapple or fish cooked on top of lemon slices
- Any kind of grilled veggies.
- Kabobs with chicken breast, onions, and bell peppers (yellow, red, and green). Marinate the meat in fat-free Italian salad dressing before grilling.
- Grilled zucchini
- Chicken kabobs with fresh peppers, onions and mushrooms
- Salmon kabobs marinated in a light lemon dill marinade
- Grilled homemade vegan black bean burgers & grilled artichoke
- Venison burgers, watermelon, and corn on the cob

Pesto Pizza

- 1 (10-ounce) prepared pizza crust
- 3 tablespoons pesto sauce
- 1 3/4 cups plum tomato, sliced 1/4" thick
- 1 cup (4 ounces) shredded part-skim mozzarella cheese

Preheat oven to 450°. Place pizza crust on a baking pan and spread pesto on top. Arrange tomato slices in a single layer on top, and sprinkle with cheese. Bake at 450° for 10-15 minutes or until golden brown. Makes 4 servings.

Nutrition information per serving: 320 calories, 17 grams protein, 13 grams fat, 37 grams carbohydrate, 650 mg sodium.

Pesto Mini Pizza

- 12 mini pitas
- 6 tablespoons pizza sauce
- 8 ounces part skim milk mozzarella cheese, shredded
- 12 slices of pepperoni
- 6 tablespoons pesto sauce
- 2 small tomatoes, thinly sliced
- Fresh basil leaves for garnish

Preheat oven to 400 degrees. Cut off the edges of pita bread with a sharp knife and gently separate the halves. Place the pitas on a baking sheet with the edges of the bread curving upward.

Top 12 of the pitas with one tablespoon of pizza sauce, one tablespoon mozzarella cheese and one slice of pepperoni. Top each of the other 12 with 1/2 tablespoon of pesto sauce, 1 tablespoon mozzarella cheese, and a slice of tomato.

Bake for 10 minutes or until cheese is melted. Garnish with fresh basil leaves and serve immediately. Makes 24 mini pizzas.

Nutrition information per pizza: 63 calories, 3 grams protein, 5 grams fat, 5 grams carbohydrate, 214 mg sodium.

Crustless Quiche

- 2 tablespoons olive oil
- 1/2 small onion, diced
- 2 cups mushrooms, sliced
- 2 cloves garlic, minced
- 1/2 red pepper, diced
- 2 cups fresh spinach, chopped
- 4 large eggs
- 1 cup fat-free half & half
- 1/2 teaspoon nutmeg
- Salt (to taste)

Fresh ground pepper (to taste)

Preheat oven to 375 degrees F. Grease a 9-inch pie dish with cooking spray and set aside.

Cook onions in olive oil over medium heat until slightly translucent, about 2-3 minutes. Stir in mushrooms, season with salt and pepper, and cook until their liquid has fully evaporated, 8-10 minutes, stirring occasionally. Add garlic and red pepper, and cook for 3 more minutes. Stir in spinach and continue to cook for 2 minutes. Remove pan from heat and set aside.

In a medium bowl, whisk eggs until light and fluffy. Whisk in the half and half, nutmeg, salt, and pepper. Add the cooked vegetables to the pie dish. Top with egg mixture.

Bake 30-35 minutes, until edges are light golden brown. Makes 6 servings.

Nutrition per serving: 193 calories, 10 grams protein, 12 grams fat, 10 grams carbohydrate, 146 mg sodium.

In the News

Exercise helps people feel less stressed, good about themselves and confident in their abilities. A new study found that this had a positive effect on both their work and personal lives. The associations between exercise and work-life balance were very strong, although the study does not prove a cause-and-effect relationship.



The study author states that “For those who don’t exercise regularly, the idea of adding that regimen to a busy schedule to improve stress levels may seem counterintuitive.” A spokesperson for the American Council on Exercise explains that physical activity offers benefits beyond the obvious and that, “People should think of it as a kind of investment. You may be active for 30 minutes a day, but the productivity and mental focus you’re going to get out of it is going to far exceed what you put into it, from a work and family perspective.” [Read more](#)

Reward Yourself

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 May 31, 2014. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at dhart@foresthealth.com.