

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

2017 | Your Healthiest Year Yet

Keep your health a priority with these strategic goal setting strategies.

How do you define health—a number on the scale, feeling energized, fewer meds and doctor's appointments, freedom to do what you want, or simply feeling normal?

Bariatric surgery is a BIG step towards improving your health and wellness, but don't stop there. Be sure to put behaviors in place to continue improvements to your health and well-being year after year. Sitting down on a regular basis and setting some specific health-related goals will help propel you to the next level of wellness. Once you reach one goal, pat yourself on the back and set your sights on the next achievement. In this way, you can help to minimize the limitations from a previous not-so-healthy lifestyle and the natural aging process.

Good health doesn't just happen and our society isn't especially supportive of behaviors that promote health. Eating out is easier than preparing meals at home, jobs are often sedentary with long hours, foods with low nutrition quality are more readily available and less expensive than healthier fare, and we slip into complacency because the majority of our population is overweight. It takes effort and motivation to overcome these obstacles, but with determination and the tool of bariatric surgery, it is well within your reach.

Start Big. When you set out to write your health-related goals, begin with the

SETTING GOALS
is the first step in turning the
invisible into the visible.

Tony Robbins

end in mind. A big, overall goal might be to maintain your current weight. Starting with that goal, think what it will take to make that goal a reality—food and beverage choices and amounts, exercise habits, adequate sleep, managing stress in a healthy manner and regular weight monitoring. You can break each of these components down further.

Break it Down. The food and beverage component goal could be broken down to eating six small protein-rich meals, avoiding foods with more than 2 grams of added sugar, meeting protein goal daily, increasing vegetable intake to 1-2 cups per day, including 2 small servings of (preferably fresh) fruit, drinking calorie-free beverages between meals, packing and taking meals and snacks, preparing foods at home, making healthy choices when eating out, tracking food intake and meeting established calorie and nutrient goals.

Get Specific. Our habits and even our health are a cumulative result of many small choices each day, so it makes sense



to break down smaller goals into very specific behaviors for your particular challenges. For example, avoiding foods with more than 2 grams of sugar may include taking sugar-free treats to enjoy during work birthday celebrations, keeping food in a cooler at your desk to avoid the break room, taking a sugar-free dessert to a family celebration, offering fresh fruit along with cake when hosting a birthday party, finding new recipes and products that you enjoy, not purchasing sugary foods for yourself or others in your family, and having low-sugar treats available for family members. Thinking through situations ahead of time and having a plan and a goal in mind will improve your success.

Continued on page 2

Continued from page 1

It's Tough in the Beginning. When you first start working on a goal, 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. Each small goal reached will add up to a healthier you.



It's all About Attitude and Perspective. We've given food a much higher status than it deserves. It is essential to nourish our bodies and should be enjoyed. It makes a poor friend, comforter, entertainer and boredom fighter. You need to think about food differently. A birthday celebration isn't about the cake; it's about celebrating the person. Shift the focus away from food and onto other aspects of life. Daily exercise is essential to weight maintenance and good health. We cannot expect to live healthy lives without it. Instead of avoiding and dreading exercise, enjoy the fact that you're able to walk, feel the power in your muscles as you challenge them, and notice how much your fitness improves with your effort.

Set up Measurable Goals. Goals need to be specific and measurable. I am going to walk for 30 minutes five days a week. I am going to avoid foods and beverages with more than 2 grams of

What you GET by achieving your goals is not as important as what you BECOME by achieving your goals.

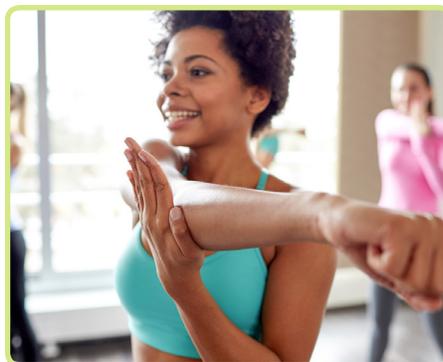
Zig Ziglar

added sugar. I am going to consume 64 grams of protein a day. I am going to pack my lunch and snacks at night for the next day. Write your goals down and put them in a place that you will see regularly.

Set up Tracking. Food and activity logs, slash marks on a calendar, online fitness and goal trackers, or spreadsheets—whatever works for you. Tracking helps you to stay focused on the very specific goals and behaviors. Remember it's these little goals that will help you accomplish your bigger goals.

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 seat belt, 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 like-minded people will encourage you, inspire you and help you through the tough times. 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. 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?

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.

Goal setting is a powerful process that has the capability to turn your dreams into reality. The process helps you to define your goals, clarify your focus, avoid distractions and move your life forward. As you start to find success with goal setting, your motivation will build and you will have confidence to set larger goals and see them through to fruition.

You can do this...one step at a time.

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, 2017.** Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.*

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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.

We'd love to hear from you!

QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative
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Recipes

Tomato and Cauliflower Bake

- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 cloves garlic, minced
- 2 cups liquid egg sub (or 8 medium eggs)
- ½ cup fresh basil, chopped
- 1 cup all-purpose flour
- 1 ½ teaspoons baking powder
- ¼ teaspoon turmeric
- ½ teaspoon ground cumin
- 1 pinch chili flakes
- Ground pepper, to taste
- 5 ounces Parmesan cheese, grated
- 1 small cauliflower, cut into small pieces
- 1 ½ cups grape tomatoes, sliced

Preheat oven to 400 degrees F.

Steam cauliflower until tender and set aside. In a small skillet, heat oil and butter on medium heat. Add garlic; sauté until fragrant. In a large bowl, mix together garlic, liquid egg substitute and basil. Add in flour, baking powder, spices and cheese and mix until smooth. Stir in cauliflower and grape tomatoes.

Spray a 9 ½ springform pan with cooking spray and pour mixture into pan. Bake on middle rack for 40-45 minutes. A knife inserted in the middle will come out clean when done. Remove from oven; let sit for 15 minutes. Cut into 8 slices and serve.

Nutrition information per serving: 107 calories, 17 grams protein, 14 grams fat, 17 grams carbohydrate, 389 mg sodium.



Chicken Burritos

- 8 - 6" Mission low carb flour tortillas, warmed
- 1 cup shredded rotisserie chicken, warmed
- 1 cup black beans, rinsed and warmed
- 1 cup cooked quinoa
- 1/2 cup Monterey Jack cheese, shredded
- 1 cup fresh cilantro sprigs
- 1/2 cup nonfat plain yogurt
- 1 avocado, sliced
- 1 cup salsa

Top the warmed tortillas evenly with the chicken, beans, quinoa, cheese, cilantro, yogurt, and avocado. Roll into burritos and serve with the salsa. Makes 8 servings.

Nutrition information per serving: 248 calories, 13 grams protein, 11 grams fat, 28 grams carbohydrate, 490 mg sodium.

DISCIPLINE
is the bridge between
goals and accomplishment.

Jim Rohn