



ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Happy New

GET READY FOR A NEW YEAR AND A NEW YOU!

You!

Make 2013 your healthiest year ever by focusing on a few key behaviors. Health and well-being don't just happen, but are the end result of daily efforts, choices and attitudes over months and years. So this is where your efforts need to be — on the daily behaviors that when applied consistently can transform the quality of your life. Rather than making a lot of resolutions without any plan on how to actually make them happen, take time to think about those things that would really benefit your health and well-being this year. In addition to food choices and exercise habits, think outside the box and consider how your finances, stress level, sleep patterns, relationships, and spiritual development may be impacting your health. This new year, think of what's important to you, make your resolutions, and take steps to make this the beginning of a happier, healthier you.

So how do you get started? First, think about the big picture — broad overall concepts that are important to you and impact the quality of your life. Examples include good health, secure financial status, healthy weight and strong relationships. These overall concepts help to shape direction and perspective. Then select a few smaller goals to work on in

2013 that will help you to eventually reach your big-picture goals in the years to come. If you have an overall goal of getting your finances in order, you may start with a 2013 goal: "I will work towards having savings reserves to cover 9 months of expenses. I will save \$2,400 this year by setting up an automatic payroll deduction for \$200 each month." This is specific and measurable (did I save \$200 per month for 12 months?) and it supports the overall concept of improving finances. An alternative goal could be, "I will set up a realistic monthly budget and stick with it for 12 months."

When you think of improving your health, you don't often think about changing your earning potential, spending habits or savings reserves. But when your financial house is in disarray, stress increases, sleep may be disrupted, you may feel a loss of control and every area of your life can be impacted. Like the examples above, taking steps to set and keep a budget, pay off debt and increase savings reserves can have a positive impact on your health and well-being.

Learning to manage chronic stress is essential to health and well-being in our fast-paced world. People often notice the emotional side of stress first. We've all experienced the signs — feeling cranky and overwhelmed with even

small problems, feeling frustrated and losing your temper easily, feeling jumpy, chronic fatigue, difficulty concentrating, and excessive worrying or pessimism about the future. Over time unchecked stress can contribute to serious medical problems including depression, diabetes, heart disease, obesity, obsessive-compulsive or anxiety disorder, sexual dysfunction, tooth and gum disease, ulcers, increased susceptibility to illness, muscle pain, increased arthritis pain and more. Some stress can be avoided by making changes to your life and/or attitude.

You must gain control over your money or the lack of it will forever control you.

Dave Ramsey

For example, if a work relationship is causing ongoing stress, consider learning new relationship skills, looking at the situation differently, or changing the situation if possible (moving to another department or finding another position). Stress can also be managed by learning to activate your body's relaxation response. This can be done through meditation, yoga, deep breathing exercises, imagery, or journaling. Learning to manage your stress is a foundation of good health and will have far-reaching benefits.

Sleeping habits also impact your health and well-being more than you may realize. We all miss a good night's sleep now and again, but if you are in the habit of sleeping less than your body really needs, your health suffers. Because adequate sleep is a cornerstone of good health, it is hard to reach other health goals if you are sleep deprived. Take a look at these surprising consequences of not getting your zzzzz's:

- Increased risk of having an accident while driving, at work or at home
- Impaired attention, alertness, concentration, reasoning, problem solving, retention, and ability to learn
- Increased risk for heart disease, high blood pressure, stroke, and diabetes
- Lowered sex drive
- Greater likelihood of depression
- Skin that has aged beyond its years
- Increased forgetfulness
- Increased hunger, cravings for high-fat, high-carb foods, increased weight
- Impaired judgment

Nurturing relationships isn't often on the top-ten list of resolutions to improve health, but it should be. Good relationships are essential to our both our happiness and our health. Positive interaction increases life expectancy, protects your brain, reduces heart disease, improves mental health, and more. It isn't always easy to keep family and friendship connections strong with all of life's demands, but it is important. Potential relationship nurturing goals to work on in 2013 may include:

- Regular contact through text messages, emails, social media posts, phone calls or snail mail cards can keep you connected when you are unable to visit face-to-face. These small acts let the other person know that you are thinking of them and helps to keep the relationship alive. A measurable

The extent to which two people in a relationship can bring up and resolve issues is a critical marker of the soundness of a relationship.

Henry Cloud

goal would be to go online twice a week and connect with 5 people each time.

- Every person and relationship has both positive and negative aspects. Learn to focus on the positive and ignore the negative. Consider all of a person's positive attributes. When speaking to others about this person only speak of the positive. This builds trust and respect into your relationships. A measurable goal may be to not speak negatively about friends or family members to others.
- Make a list of birthdays and other important dates and then resolve to send a card or make a call to everyone on your list.
- Send little notes or treats in your children's or spouse's lunch boxes once a week.
- Learn to use empowering phrases when talking with others. Phrases like, "I appreciate...", "It is really amazing when you...", "You are really good at...", "It meant a lot to me when you..." can have a powerful effect on the quality of your relationships.

Last, but certainly not least, consider adding spiritual development resolutions to your list this year. It could be as important as fitness or nutrition for your health. Spirituality can be thought of in different ways — a belief in a power that is greater than oneself, interconnectedness with all living creatures, an awareness of the purpose and meaning of life, or a source of hope, comfort, purpose and inner peace. In general, people who are spiritual have a more positive outlook on life and look at illness, trials, and setbacks differently—

often with a greater sense of hope, forgiveness and peace. Scientifically, this can translate into less illness, a longer lifespan, and better ability to cope with stress.

Goal setting for the development of spirituality has to be based upon your personal beliefs. If you are not sure where to start, you may want to think of what you could do each day to develop love, joy, peace, gratitude, kindness, goodness, faithfulness, forgiveness, gentleness and self-control. Something as simple as having a goal of performing one random act of kindness per day — pay for the car behind you in

the drive thru, shovel your neighbor's walk or send a thoughtful text—puts your focus on helping others. Another simple idea is to make a list of all the things you are grateful for and read through the list daily. Meeting with other like-minded people to develop your spirituality may also be an option.

A new year, a new you — what will you set out to create in 2013? Consider the foundations of good health and with a broad picture of what is important to you, put in place small daily habits that will help you to live a happy, healthy life. You can do this...one step at a time.

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It Worked for Me

Submitted by Kay H.

Several years ago I found that some very stressful situations were beginning to take a toll on both my happiness and my health. I was always tired — no matter how much I slept, I had a constant ache in my neck and shoulders and I just wasn't happy. The situations that were causing



I was challenged by practicing meditation daily, but found when I utilized this practice, I could encounter a very stressful situation and not experience the same emotional and physical impact. I also incorporated deep breathing and listening to inspiring music throughout my day to keep myself in a calm state.

Now that those very stressful situations are no longer a part of my

The greatest weapon against stress is our ability to choose one thought over another.

William James

my stress were not going away so I decided that I needed to learn how to manage the stress I was feeling.

I started first by taking regular walks and noted that when I was done with a walk, my mood was better. Next I signed up for a mindfulness meditation class.

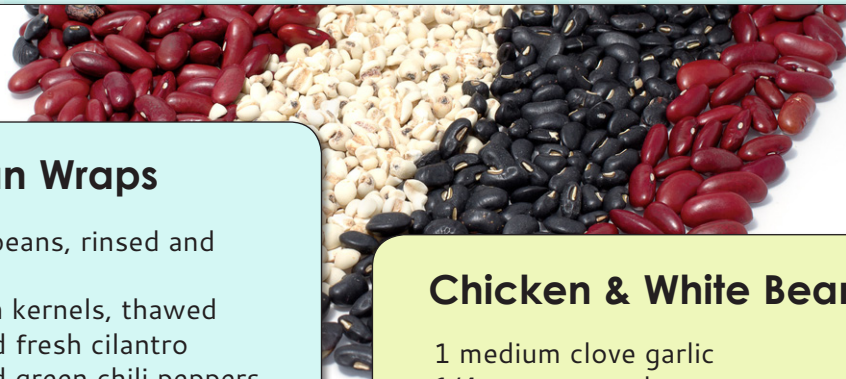
everyday life, I still have the tools that I developed during that time to help me enjoy my life with a greater sense of peace. Not that any of us particularly enjoy the trials and tribulations of life, but if we respond appropriately, those are the times in our lives that we can see the most growth.



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 January 31, 2013. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.



Black Bean Wraps

- 1/2 cup canned black beans, rinsed and drained
- 1 1/2 cups frozen corn kernels, thawed
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons chopped green chili peppers
- 4 green onions, diced
- 1 tomato, diced
- 1 tablespoon garlic, chopped
- 6 fat-free whole-grain tortillas, 10 inches in diameter
- 3/4 cup shredded cheddar cheese
- 3/4 cup salsa

In a microwave-safe bowl, add the black beans, corn, cilantro, chili peppers, onions, tomato and garlic. Stir and microwave on high for 1 minute. Stir and heat again for 1 minute. Repeat until the mixture is hot.

Heat the tortillas 2 at a time by placing between paper towels and warming in the microwave for 20 seconds on high.

Place 1/2 cup bean mixture on each tortilla. Top with 2 tablespoons cheese and 2 tablespoons salsa. Fold in the sides and bottom of the tortillas over the filling, then roll to close.

Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 368 calories, 16 grams protein, 4 grams fat, 67 grams carbohydrate, 800 mg sodium.



Chicken & White Bean Salad

- 1 medium clove garlic
- 1/4 teaspoon salt
- 5 tablespoons extra-virgin olive oil
- 6 tablespoons fresh orange juice, plus more to taste
- 1/4 cup white-wine vinegar
- 1 tablespoon Dijon mustard
- 1 15-ounce can white beans, rinsed and drained
- 2 1/2 cups chicken breast, cooked and diced
- 2 cups diced zucchini and/or summer squash (about 2 small)
- 1 1/2 cups diced celery
- 1/4 cup feta cheese
- 1 cup coarsely chopped fresh basil
- salt & freshly ground pepper to taste
- 4 cups salad greens

Peel the garlic, mash with a fork, then mix with 1/4 teaspoon salt in a small bowl to form a coarse paste. Whisk in 5 tablespoons oil. Add 6 tablespoons orange juice, vinegar and mustard; whisk until well blended. Set aside at room temperature.

Combine beans, chicken, zucchini, celery, and cheese in a large bowl. Add chopped basil and 3/4 cup vinaigrette and toss. Taste and season with salt and/or pepper, if desired.

Toss the remaining vinaigrette with salad greens in a medium bowl. Top individual servings of greens with bean mixture. Makes 8 smaller servings.

NUTRITION INFORMATION PER SERVING: 214 calories, 17 grams protein, 11 grams fat, 12 grams carbohydrate, 333 mg sodium.

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