

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

The ABC's of Exercise

The benefits of exercise are undeniable – get started today!



Getting started and firmly grounded in an exercise routine can be as simple as ABC. With the building blocks of Attitude, Balance, and Consistency, you'll be well on your way to a new level of fitness and wellness.

A is for attitude. Before you can have a great attitude about exercising, you have to really understand the benefits. Regular exercise is essential for health and wellness. It allows you to feel better, have more energy, manage or prevent disease, and live longer. It is hard to think of any other activity that pays off in so many ways for a 30-45 minute daily effort. The benefits are so compelling that it is hard not to be convinced to the point of taking action:

- The calories expended during exercise may help you lose weight, maintain weight loss or prevent weight gain.
- Regular exercise helps you to manage or prevent a wide range of health problems such as heart disease, metabolic syndrome, arthritis, diabetes, depression, colon and breast cancer, and more.
- Movement stimulates brain chemicals that help you to feel happier, have more confidence and be more comfortable with your appearance. For some, it may work

as well as medication for combating depression.

- When you exercise regularly, your body becomes more efficient. Each activity that you do is much easier, giving you more energy for the things you love to do.
- Exercise promotes better sleep by allowing you to fall asleep more quickly and to stay asleep throughout the night. Good sleep habits are essential to health and wellness.
- Physical activities can help you to improve your connections with other people. Finding an activity that you enjoy doing with people you enjoy can add fun to your life.
- Slowing down the aging process may be another benefit, as exercise reverses the toll of stress on our cells.
- Better brain connections and more brain cells are the result of exercise and this can give you a big learning and attention boost.

That's a pretty impressive list of benefits. To sum it up, exercise is a great way to feel better, gain health benefits and have fun. If this doesn't exactly coincide with your attitude when you think about exercise—then fake it until you make it. A positive outlook will help you get motivated and boost your self-confidence while you are getting started. It won't be long until you will

begin to feel the benefits of exercise for yourself and then science shows that the exercise itself will take over and produce an improved mood and feelings of well-being. How cool is that?

B is for balance. The most important step with exercise is the first one. Lace up your shoes and go for a walk—then build from there. Make sure you set up a balanced routine that covers all the bases and provides the most benefit for your effort. A well-rounded exercise routine doesn't rely on just one activity, but a variety of activities which complement each other.

Aerobic exercise, often referred to as cardio, is the cornerstone of most exercise programs. Aerobic exercise helps your heart, lungs and blood vessels transport oxygen more efficiently throughout your body. It includes any physical activity that uses large muscle groups and increases your heart rate like walking, jogging, biking, swimming, dancing, and water aerobics.

For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity (walking or the equivalent). That breaks down to 30 minutes of brisk walking 5 days a week. As your fitness

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progresses, you can work harder for a shorter period of time for a minimum of 75 minutes a week of vigorous aerobic activity (running or the equivalent).

Strength training is another key component of an exercise program. At least 2 times per week is recommended to increase bone and muscle strength. Strength training can come from various resistance machines, free weights, resistance bands or your own body weight (push ups, sit-ups, squats). Give your muscles a day off between strength training sessions to recover and build muscle.



Core exercises focus on the muscles in your abdomen, lower back and pelvis. Building up your core muscle strength and flexibility cranks up the power for every move your body makes; it also enhances balance and stability and protects you from injury. A core exercise uses the trunk of your body without support, like abdominal crunches.

Stretching exercises improve flexibility, improve range of motion in your joints, promote better posture, and can even help relieve stress. The best time to stretch is after you exercise when your muscles are warmed up.

C is for consistency. It's crucial to give exercise priority and set aside regular time. If not, other activities will take precedence. Just like brushing your teeth, eating right and getting enough sleep, regular exercise is an essential part of health and wellness. The hardest part is getting started so we've got some tips to get you up and going.

- *Schedule time and make exercise a priority. First thing in the morning or on the way home from work are great times to work out.*
- *Get inspired by tracking the number of calories that you burn, steps that you take or intensity of your workout with a fitness tracker or app.*
- *Find an exercise buddy.*
- *Visualize a slimmer, fitter you.*
- *Subscribe to fitness magazines.*
- *Reward yourself with flowers, movie tickets or another small gift for work well done.*
- *Sign up for a class.*
- *Get a coach or trainer.*
- *Post a "before" picture somewhere that you will see throughout the day.*
- *Post an "after" picture of your younger, fitter days or someone you aspire to look like.*
- *Measure your success with a tape measure, scale or pair of tight jeans.*
- *Sign up for a 5K walk or run and you'll be motivated to train.*
- *Set goals.*
- *Go social and post your exercise plan and frequent updates.*
- *Start slowly and build up to where you would like to be.*
- *Perfection is unrealistic—if you miss a day or two get right back to it.*
- *If you have an injury that keeps you from your usual exercise, see if there is something else that you can do.*
- *Use positive self-talk—"I can do this!"*
- *Use upbeat music to distract your attention and increase the intensity of your workout.*
- *Couple your workout with something else you enjoy—walk on the treadmill while watching your favorite show or read a book or magazine while pedaling on a stationary bike.*

See, exercise is as simple as ABC and is an important building block of health and wellness. Take that first step today.

Recipes

Pumpkin Muffins

3/4 cup pumpkin puree
 3 cups almond flour
 1/3 cup unflavored whey protein powder
 2 tsp baking powder
 1/2 tsp baking soda
 1/2 tsp salt
 1 ½ tsp cinnamon
 1/2 tsp ginger
 1/4 tsp cloves
 1/4 cup butter, softened
 1/2 cup Swerve Sweetener or other erythritol
 3 large eggs
 1/2 tsp vanilla extract
 1/4 cup skim milk

Preheat oven to 325F and line 15 muffin tins with paper liners. On a plate lined with two layers of paper towel, spread out pumpkin puree and blot with another layer or two of paper towels—let sit while mixing dry ingredients.

In a medium bowl, whisk together the almond flour, protein powder, baking powder, baking soda, salt and spices.

In a large bowl, beat butter with sweetener until well combined. Beat in pumpkin puree, eggs and vanilla extract. Add in dry mixture and milk. Mix well. Batter will be thick.

Fill each muffin cup 2/3 full. Bake 23 minutes or until tops are set and edges are just browned. Let cool in pan 15 minutes. Makes 15 servings.

Nutrition information per serving: 183 calories, 8 grams protein, 16 grams fat, 15 grams carbohydrate (8 grams sugar alcohol, 3 grams fiber), 167 mg sodium.



Barbeque Sauce

Are you ready for a little summertime flavor? Start with pork tenderloin in the slow cooker and add some no-added-sugar barbeque sauce. It may not look or feel like summer outdoors, but that doesn't mean you can't enjoy summer foods.

2 cups ketchup, reduced sugar
 1 cup water
 1/2 cup apple cider vinegar
 2/3 cup Swerve (powdered erythritol)
 1/2 tablespoon fresh ground black pepper
 1/2 tablespoon onion powder
 1/2 tablespoon ground mustard
 1 tablespoon lemon juice
 1 tablespoon Worcestershire sauce

In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes. Makes 12 servings.

Nutrition information per serving: 10 calories, 0 grams protein, 0 grams fat, 2 grams carbohydrate, 99 mg sodium.

It Worked for Me

Submitted by Jane M.

I have to admit that I'd rather snuggle up with a good book in the winter than get out and exercise. What I don't like is being cold. But last year, I found that I really enjoyed cross country skiing. It's such a great workout that after the first 10 minutes, I am toasty warm. Hope there's lots of snow this year so I can get out there!



In the News

Another good reason to take supplements as recommended and have labs checked regularly—nutritional deficiencies after weight loss surgery can lead to night blindness, dry eyes, corneal ulcers, and in extreme cases total blindness. Researchers reviewed what little research there currently is on the occurrence of eye conditions following bariatric surgery.

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I think exercise tests us in so many ways, our skills, our hearts, our ability to bounce back after setbacks. This is the inner beauty of sports and competition, and it can serve us all well as adult athletes.

Peggy Flemming