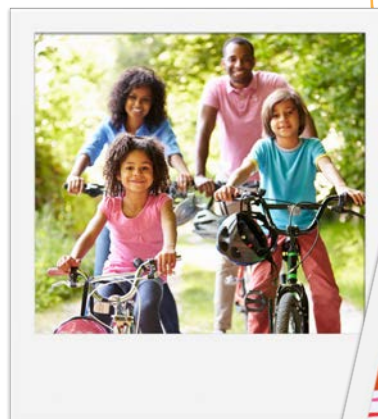


ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Family Health

Help your family embrace healthy habits!



Many weight loss surgery patients state that one of the big reasons for having surgery is to be a good role model for their children. That is important since kids learn healthy and not-so-healthy behaviors from their parents. And if one of your children is overweight, they will be more successful at losing weight if the rest of the family eats healthy and exercises. Just what steps can you take to prevent your kids from becoming overweight or helping them to lose weight if they need to?

The first thing to start with is talking to your children. Explain why healthy behaviors are important. Then set specific daily goals that don't focus on weight, but on healthy behaviors, like a specific number of steps on a pedometer or a number of vegetable servings. Goals can be different based upon each child's needs, but be sure not to single out a child who is overweight. Normal and underweight children will benefit from establishing healthy eating and exercise patterns too.



Use non-food rewards frequently.

A small reward will help reinforce the importance of working towards specific goals. Stars or stickers on a chart can add up to larger rewards.

Sit down to family dinners. Kids who eat at home with their family at least 5-6 nights a week are 1/3 less likely to be overweight. Get your kids involved in planning and helping prepare meals.

Stock up on fresh fruits and vegetables, low-fat dairy products, lean fish/poultry/meat and whole grains. Limit highly processed foods.

Pack healthy lunches and snacks for the entire family. Doing this the night before eliminates (okay... reduces) morning stress.

Limit foods that are high in fat, especially saturated fat. This includes fried foods, some bakery items, chips, high-fat dairy foods and high-fat meats. Fat has more than twice the calories of carbohydrates and protein so the calories from high-fat foods can add up quickly.

Limit foods with added sugars. Sugar is added to many of the processed foods you see in the grocery store and can lead to obesity.

Don't get calories from beverages. It's so easy to swig down 12 ounces of 100% juice, but that juice has about 180 calories—a good portion of daily calorie needs. A navel orange on the other hand has 70 calories, 3 grams of fiber and requires chewing. Better to eat your calories and drink water.

Appropriate portion sizes are hard for kids and adults to judge because package and restaurant portions have become so large. Teach kids to read nutrition labels for the number of servings in a container, measure foods, use smaller plates and glasses, and share restaurant meals.

Kids need at least 60 minutes of physical activity a day. Adults will benefit from that level of activity as well. Getting your family to move more can help

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Reconstructive Surgery

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.

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
800-282-0066

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all of you to get and stay healthy. You may want to enroll the kids in school/community sports teams, ride bikes, swim, go for a walk, get a zoo membership, shoot hoops together, garden, rake the lawn, or clean out the garage. Explore the different activities you can do together and separate to get everybody moving. A big hindrance to getting enough activity is screen time—you know, TV, computer, and video games. A good rule of thumb to start with is no more than 2 hours a day.

In the News

Great new reason to exercise—exercise keeps skin younger and may even reverse skin aging!

The wrinkles and sagging that happens as we age is due to a thickening of the outer layer of skin and a thinning

looked at the skin on the buttocks since it hadn't been frequently exposed to the sun. Compared by age, the skin samples overall aligned with what would be expected. Older volunteers generally had thicker outer layers of skin and significantly thinner inner layers.

But when the researchers divided the volunteers by exercise habits, they found that after age 40, the men and women who exercised frequently had skin much closer in composition to that of the 20- and 30-year-olds than to that of others of their age, even if they were past age 65.

Read more...

http://well.blogs.nytimes.com/2014/04/16/younger-skin-through-exercise/?_php=true&type=blogs&_php=true&type=blogs&_r=1&

It Worked for Me

Submitted by Laurie L.

I pair up fruits and veggies with a little protein or fat to satisfy my family between meals. Peanut butter is a favorite with apples, bananas and celery. Hummus works well with any veggie. Yogurt or cottage cheese with berries is always a hit. A baggie of cut-up veggies with a side of ranch dressing is perfect to send to school or work. I try to mix it up and my family is eating a lot better.



of the layer of skin just below it. These changes happen even if you stay out of the sun.

Researchers set out to see if these skin changes were inevitable. They first gathered 29 male and female volunteers ages 20 to 84. About half of the participants exercised at least three hours of moderate or vigorous physical activity every week, while the others exercised for less than an hour per week. Then the researchers



Fruit and Veggie Muffins

1 cup whole wheat flour
 1 cup all purpose flour
 ¾ teaspoon baking soda
 ½ teaspoon salt
 ¼ teaspoon nutmeg
 ¼ teaspoon cinnamon
 ¾ cup Splenda or stevia
 4 tablespoons butter, without salt
 2 large eggs
 1 teaspoon vanilla extract
 1/8 cup apple juice, 100%
 ¼ cup applesauce, no-added-sugar
 2 cup fruits and veggies (any combination)
 1 medium carrot, chopped
 ¼ cup plain yogurt

Preheat oven to 375 degrees F. Mix together dry ingredients (flour, baking soda, salt, nutmeg, cinnamon) in a bowl. Set aside. Mix the sweetener, butter, eggs and vanilla in a mixer. Beat well.

Combine fruit and veggies, carrots, apple juice, and applesauce in a food processor and pulse until thoroughly mixed. Stir in yogurt.

Add the puree mixture into the butter mixture and beat until mixed. Add dry ingredients and mix until combined. Do not over-mix.

Scoop the mixture into a prepared muffin pan (use liners or spray muffin pans with non-stick spray). Bake for about 20-25 minutes until the tops are slightly brown and a toothpick comes out clean. Makes 24 muffins.

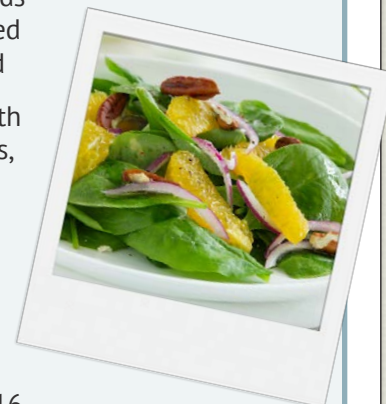
Nutrition information per serving: 78 calories, 0 grams protein, 2 grams fat, 12 grams carbohydrate, 93 mg sodium.

Spinach Poppy Seed Salad

4 cups romaine lettuce, washed and chopped
 4 cups spinach leaves, washed and chopped
 4 cups green leaf lettuce, washed and chopped
 1 cup mandarin oranges, packed in juice, drained
 1/2 cup pomegranate seeds
 1/2 cup red onion, chopped
 2 ounces pecans, chopped

Mix greens together. Top with oranges, pomegranate seeds, onion and pecans. Pour dressing over entire salad just before serving. Makes 6 servings.

Nutrition information per serving: 105 calories, 4 grams protein, 7 grams fat, 16 grams carbohydrate, 9 mg sodium.



Berry Parfait

2 tbsp. Jell-O Sugar Free Fat Free Vanilla Instant pudding mix
 2 tbsp. Splenda
 1/4 tsp. vanilla extract
 1/4 cup milk, skim
 1 cup Cool Whip Free, thawed
 1/2 cup fat-free cream cheese, room temperature
 1/2 cup raspberries
 1/2 cup sliced strawberries
 1 sheet (4 crackers) low-fat graham crackers, lightly crushed

Combine pudding mix, sweetener, vanilla extract, and milk in a bowl. Mix until smooth and slightly thickened. Stir in whipped topping and cream cheese until smooth. Cover and refrigerate for 20 minutes.

Put raspberries in the bottom of 2 parfait glasses. Place ¼ cup of chilled pudding mixture in each glass. Layer strawberries next and top with remaining pudding mixture. Top with crushed graham crackers. Makes 2 servings.

Nutrition information per serving: 210 calories, 10 grams protein, 0 gram fat, 37 grams carbohydrate, 809 mg sodium.



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 June 30 2014. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthalth.com.