

# ON TRACK WITH BARIX

Support to Keep you On Track With a Healthful Lifestyle

## LIFESTYLE HABITS FOR HEALTHY WEIGHT LOSS

# EXERCISE

## Options

Feeling better and looking better—there is nothing more satisfying than the feeling after a good workout. There are several options to get you started. Find the options that are best suited for you and get started on a lifestyle habit that will add energy, self-confidence, improved health, and years to your life.

As people try to balance the demands in their lives, they often ask how much exercise is needed to help them reach their weight loss goal and maintain a healthy body weight. Studies indicate that a very brisk 30-minute walk, or equivalent, in addition to daily activities, is an adequate activity level for most people during the weight loss phase. This would equal about 5,000 steps a day if you were to measure your total daily steps with a pedometer. Exercise requirements for weight maintenance are the equivalent of a very brisk 60-minute walk or 10,000 steps a day. These studies back up common sense. As you lose weight, it takes less and less energy for your body to complete its daily activities. Just walking from the living room to the kitchen requires a lesser output of energy to move your thinner body. Multiply that simple activity hundreds of times as your body goes through its daily activities. It all adds up to a lot

Movement is a medicine for creating change in a person's physical, emotional, and mental states.

~Carol Welch

less energy output. If you want a great visual—just take some cans out of the pantry—enough to add up to the weight that you have lost and put them in a backpack or bag. Now pick them up and carry them with you. *Amazing, isn't it, that your body had to work so hard just to get around?*

Now before you throw this edition in the trash in exasperation thinking, "How in the world am I going to find 60 minutes to exercise every day to remain at a healthy weight?" realize that smaller activities throughout the day can help you to reach your goal. Taking the steps instead of the elevator, parking the car further away, taking a 15 minute walk at lunch, and walking the dog for 15 minutes when you get home all add up. Before you know it, you have reached your goal of 60 minutes or 10,000 steps equivalent. Wearing a pedometer is a great way to measure your progress and be sure that your activity is at the level that you think it is.

The other great thing about exercise is that the time that you invest pays back



in increased energy for all of your other activities. So, yes you do need to put forth the effort to increase your activity level but you will feel better and accomplish more in your day in return. Sounds like a win-win investment.

Now that you know that consistent exercise is a critical element in healthful weight loss and maintenance and you know how much exercise you need to do, take some time to make a plan before you get started.

- Check with your family physician and/or bariatric surgeon. If you have knee, back or other limitations, consider asking your family physician for a physical therapy referral. A physical therapist can help you to design a fitness program around your limitations.
- Take measurements. During those times when the scale does not budge, many are inspired by the loss of inches and the looseness of clothing. This is a great motivational step.

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- Think about the biggest obstacles in your way to consistent exercise. Make a list of ways to overcome them.
- Decide on time of day for exercise (morning, lunch, after work or evening) and schedule it.
- Reduce the amount of time that you spend watching TV. Not only is TV a time and energy zapper, it also encourages snacking and the advertisements bombard you with food, food and more food.
- Decide on an exercise routine. It should include cardiovascular, strength training, and flexibility. Think about a variety of fun activities.
- Get your clothing, exercise shoes, water bottles, pedometer, exercise videos, treadmill, hand weights, club membership or anything else you will need lined up.
- Involve your friends and family to either cheer you on or join you. Your children can benefit from time with you, your modeling of a healthy activity level and the benefits of increased activity to their bodies—so try to find a type of exercise that includes them.
- Commit to daily exercise. Schedule it into your day and make it a priority. A workout journal will help you to track your progress and keep you motivated.
- Make a list of rewards for each accomplishment, each day, or each week (non-food rewards) for a job well done.
- Set goals which are measurable and focus on behaviors rather than results. Set short-term weekly goals such as walking 7,000 steps each day this week and increasing by 25% next week.

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Walking is the best possible exercise.  
Habituate yourself to walk very far.

~Thomas Jefferson

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## HEALTH BENEFITS OF YOUR WORKOUT

Focus on the feelings of confidence, improved energy, accomplishment, and mood enhancements that occur after a workout.

A well-rounded exercise program should include aerobic activity, strength training and flexibility. Make a list of all of the options that you have available to you and that you are physically able to do. Getting a good variety of fun activities is a great motivating factor. *Here are some ideas to get you started.*

- **Walking** is a low cost, safe fitness activity that almost everyone can do. A brisk, purposeful walk can help you to meet your weight and fitness goals. Outdoor walking has the added benefit of allowing you to get out and enjoy nature. An alternate walking spot needs to be found for icy, rainy or very muggy days. Malls, schools, office buildings, treadmills and fitness centers can all provide climate controlled walking environments.
- **Exercise videos** are a great way to have your own trainer, get the motivation of a class, and have a variety of different routines for a very reasonable price in the comfort of

your home. Weigh2Win is an exercise video developed by a bariatric patient for bariatric patients. *It has three different intensity levels.*

*Level 1* was designed with larger exercisers in mind. The entire workout is performed in a chair! *Level 2* was designed for the rapid weight loss phase following surgery. It has easy-to-follow moves to burn fat, generate muscle and build self-confidence. *Level 3* was designed for those who are in the weight maintenance phase. It is a powerful workout using weights to build muscle and improve body composition. What a great product!

- **Home aerobic equipment** has a built-in convenience factor. Make sure to purchase quality equipment that will work the way you expect and last. Stationary bikes are often good for those with knee or feet problems because you do not have to support your weight while pedaling away. Treadmills are a favorite. Also consider elliptical trainers, ski machines or other equipment. Try out the equipment prior to purchase if possible to make sure that it is a good fit with your abilities.



- **Dancing** is a fun way to meet your exercise goals. You can dance at home to your favorite tunes, go out to a dance club or take dancing classes.
- **Bike riding** isn't reserved for kids or athletes. Remember the freedom of the wind in your hair, the struggle to make it up the big hill and the thrill of going down the other side? What a great way to get fit with your kids, with a buddy or on your own.

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- **Yard work** is exercise with a purpose. To enhance your workout, use a push mower instead of the riding one or combine walking and stretching with planting and weeding.
- **Swimming or water aerobics** are perfect exercises for those with almost any type of physical limitation. With the buoyancy of the water, your body can feel free to move. The added resistance of the water makes the exercise effective.
- **Strength training** uses resistance methods like free weights, weight machines, and resistance bands to build muscle and strength. Strength training was once reserved solely for competitive athletes and bodybuilders, but the benefits to strength training for the average person should not be underestimated. The Centers for Disease Control and Prevention note that there are numerous benefits to strength training regularly. It is now recognized as an essential part of any fitness program. Strength training can be done easily in a home gym, at a fitness center, a community center or school. You do not need to have the big machines to reach your fitness goals; hand weights can be quite effective.



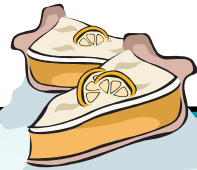
- **Circuit training** combines aerobic exercise with strength training for an effective use of time. If you are in a time crunch, consider circuit training three days a week combined with a form of aerobic activity on the other days.
- **Yoga** can help you to build strength, improve flexibility, increase balance and decrease stress.

It moves at a slower pace than many other types of exercise, but don't let that fool you. Your body will know that it had a good workout. Try taking a class to get practice and guidance from a skilled instructor. Yoga can leave you feeling calm, yet energized. What a great way to face the world.

- **Kickboxing, marital arts, rollerblading, ice skating, basketball, running, cross country skiing, downhill skiing, trampoline jumping, and golfing** are all great ways to get fit and have fun at the same time. Don't limit yourself. Try new activities and find out how much fun they can be.

## Orange Creamsicle Pie

Submitted by Nancy B.



- 8 oz. Cream cheese, fat free, softened
- 8 oz. Yoplait® Light Orange Cream yogurt
- 5 t. Splenda®
- 1/4 t. vanilla

- 3 oz. pkg sugar free orange gelatin
- 8 oz. Cool Whip Free®
- 1 prepared graham cracker crust

Beat cream cheese and yogurt until creamy. Add Splenda and vanilla and mix. Stir in gelatin. Blend by beating. Next, FOLD in Cool Whip. Pour into crust. Chill at least 3 hours. Indulge in this delicious pie sparingly; while this is low sugar, it isn't fat free or calorie free. Makes 8 servings.

**NUTRITION INFORMATION PER SERVING:** 193 calories; 7 grams protein; 4 grams fat; 28 grams carbohydrates; and 325 mg sodium.

## Black Bean Salsa Dip

Submitted by Nancy B.

- 1 15 oz can black beans, drained and rinsed
- 1 15 oz can pinto beans, drained and rinsed
- 1 can yellow corn, drained and rinsed
- 1 can white corn, drained and rinsed
- 4 green onions, chopped
- 1 each red or orange bell pepper, chopped
- 1 can black olives, sliced
- 1 clove garlic, pressed

- 1 tablespoon lime juice
- 1/2 cup salsa
- 16 oz cream cheese, fat free, softened
- 3/4 cup Miracle Whip®, fat free
- 4 tablespoons taco seasoning
- 1 cup shredded Cheddar cheese
- 1 bag tortilla chips

Mix beans, corn, onion, pepper and olives in a large bowl. Mix together the garlic, lime juice and salsa and add to the bean mixture. Mix well and refrigerate for six hours or more. Mix together cream cheese, Miracle Whip and taco seasoning. Spread over the bottom of a 13 x 9 platter and refrigerate. When ready to serve, spread the bean mixture on top of the cream cheese mixture, top with shredded cheese and serve with tortilla chips. Makes 16 servings.

**NUTRITION INFORMATION PER SERVING:** 300 calories; 39 grams carbohydrate; 13 grams protein; 10 grams fat; 837 mg sodium.

# SUBSCRIBE

to *On Track*  
With *Barix*, at:

[www.barixclincsstore.com/  
newsletter.html](http://www.barixclincsstore.com/newsletter.html)



# PLANNING for SURGERY

**A**pproaching your family physician about bariatric surgery can be a bit scary. You may not know what to say. You may not know how they will respond. You may be afraid that you have made the decision that bariatric surgery is right for you and you do not want your doctor to prevent you from having it done. These postings on the Barix Clinics Store message board show how uncomfortable this situation can be for some people.

## ORIGINAL POSTING:

*The only thing that might hold me up is my Doctor—she does not believe in it. When I dropped off my paper work to her Fri., her nurse was on the phone calling me as soon as I got home. She told me my Doctor has to see me, I said, OK—I thought you had to give me a copy of my records. The nurse said ‘yes, but we can take up to 30 days before they have to send them to me’. I told her, I have no problem coming into see my Doctor. I am very nervous of what my Doc will say, and what I might say to her, to get her to give me her blessings. Of course, she might weigh 125; I don't think she understands at all. I do have several health problems, that would more than likely disappear, with in 6 months or less after the surgery. Any information you can give me on my up coming appointment with my Doc. I would greatly appreciate!!!! Thank You.*

## RESPONSES:

*“Sorry to hear you are having difficulties with your doctor. Does Barix require your personal doctor's approval in order to have the surgery? I did not. I mentioned Lap-Band surgery to my primary care physician when I first started considering it (February)...she was supportive. I kept her in the loop before the surgery...had her office do my required EKG...and met with her regarding my medication dosages the week before my surgery. I have an*

*appointment with her today to review how my blood sugars have been one week after surgery. I'm confident she'll be as pleased as I am.”*

*“Just a note on the PCP. When I went to mine six years ago he really didn't know much about gastric bypass. Here I was sitting in the exam room at 311 lbs and diabetic with high blood pressure and depression. I just flat out told him I WAS going to do this and that was it. He said “Well, I am very concerned over the complication you might have and such, but I see there is no talking you out of it”. I said, “Yes, no one will talk me out of doing this as I am dying everyday that passes anyway!” So, we made a deal that he would do all my blood work and then send it over to Barix and we have done that for the whole time. He is so happy and pleased for me now!!!! I didn't need his approval for my insurance to pay. I was approved in less than 2 weeks. I was so lucky compared to a lot of you out there. Good luck to all who are waiting and don't lose hope. Keep up the great work to those of you have had this wonderful, life saving surgery... We are all so lucky to have the support of Barix!!!!!!!!”*

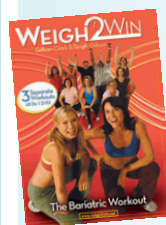
*“Don't worry about what your PCP will think, most likely she will be supportive. I was scared to death to talk to mine about it, but when I told him that I had had a consult he said, “That's great, if you need me to write up anything for you let me know.” Most informed doctors know that this is a great opportunity for us to improve our health. Good luck!”*

**Share the experience** that you had in talking with your primary care physician for the first time about bariatric surgery and then how they later responded after your surgery. You can post your experience and view what others have to say on the **June Connections Poll** at [www.barixclinicsstore.com](http://www.barixclinicsstore.com).

Your experience may help reduce someone else's anxiety and give them some tips on ways to communicate better with their doctor about this important decision.

Your physician can request a physician's package that describes Barix Clinics services at [http://www.barixclinics.com/physician\\_info/index.jsp](http://www.barixclinics.com/physician_info/index.jsp) or by calling 888-797-8400.

## WHAT'S NEW?



The new exercise DVD Weigh 2 Win, inspired by a bariatric patient, Seth Margolies with fitness experts Gillian Clark and Teigh Gilson and a cast of 9

bariatric patients is a great tool for people of all sizes and fitness levels to work towards their personal fitness goals. It has three 20-minute workouts designed to fit every body.

Seth understands the challenges facing bariatric surgery patients. He weighed 406 pounds prior to surgery and worked hard to reach his fitness goal of running in the New York City Marathon. He used real bariatric surgery patients in the video to inspire others. Seth would like to make people understand that they received a gift when they had this surgery, but they are partners in it and need to take responsibility for their results.

The new DVD is available at [www.barixclinicsstore.com](http://www.barixclinicsstore.com) at a fantastic introductory rate. A free exercise band is also included. Try this great DVD and get on the road to loving exercise and what it can do for you.

# IT WORKED FOR ME

I am a big believer in planning out my food on my workdays. However, sometimes when it comes time to have a snack, what I've packed doesn't interest me then like it did the night before when packing — so I would just end up skipping the snack! For the last eight weeks I've tried something that is really working for me.

I am packing my food still but I pack 3-4 different snacky things so that when snack time rolls around I have a healthy variety to select from. I know that I can only have one item but having the variety has really helped and I don't end up skipping snacks and then eating more at dinner.

I am finding that my evening dinner is back down to the proper portion size. I also am feeling more "even" as I am again eating 5-6 times a day. I shared this at last Support Group and last week I got a call from one of the gals who thanked me as she started doing this and now doesn't feel tempted to go to the vending machines at work!

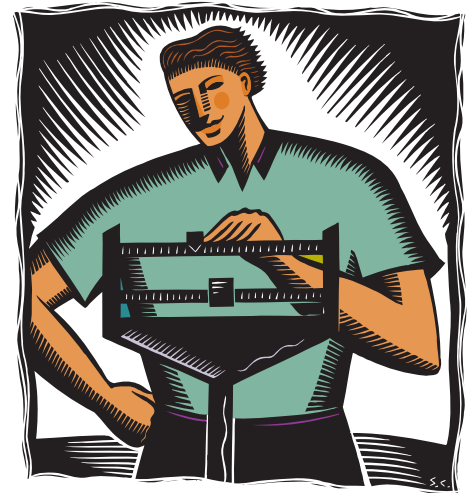
—Submitted by Nancy B.

# REWARD YOURSELF!

This month, you could earn a **\$25 GIFT CERTIFICATE** 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 \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by June 30, 2006. This month, thanks to Nancy B. for the tips and recipes. Please send comments, ideas, recipes, and "It Worked for Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

## OTHERS CARE. PLEASE SHARE.

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to <http://www.barixclinicsstore.com/id190.html>. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.



## RECONSTRUCTIVE SURGERY

To receive a free reconstructive surgery guide, call 800-282-0066 or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information.

Our reconstructive surgery program is currently performed at all our centers in Michigan, Ohio, Illinois, Pennsylvania, and Arizona. Call us today for more information!



"I believe life is constantly testing us for our level of commitment, and life's greatest rewards are reserved for those who demonstrate a never-ending commitment to act until they achieve. As simplistic as this may sound, it is still the common denominator separating those who live their dreams from those who live in regret."

~Anthony Robbins



**REQUEST A FREE BROCHURE FOR YOU OR A FRIEND**  
at 800-282-0066,  
or [www.barixinfo.com](http://www.barixinfo.com)

**QUESTIONS? ABOUT FINANCING YOUR SURGERY...**

Call a Barix Patient Service Representative at 800-282-0066.

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# BARIX CLINICS ON-TRACK DAILY LOG

**PROTEIN GOAL:** \_\_\_\_\_ **PROTEIN INTAKE:** \_\_\_\_\_ **TODAY'S DATE:** \_\_\_\_\_  
**PLAN** **ACTUAL** **PROTEIN**

<b>Meal 1</b>			
<b>Meal 2</b>			
<b>Meal 3</b>			
<b>Meal 4</b>			
<b>Meal 5</b>			
<b>Meal 6</b>			

Meat: Fish, Poultry, Eggs, Protein Supplement : 2-4 servings per day       
 Low-fat Milk: Lite Yogurt, Low-Fat Cheese: 4-6 servings per day        
 Vegetables: 3-6 servings per day        
 Fruits: 2-4 servings per day      
 Breads: Cereal, Rice, Pasta: 4-6 servings per day

**Positive Feelings about Today:**  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Difficulties Encountered Today:**

**Exercise Today:**

aerobic

steps

	Resistance Training	Exercise	Weight
Chest			
Shoulders			
Biceps			
Triceps			
Abdominals			
Quads			
Hamstrings			
Calves			
Other			

**Today's Goals:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_