


# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



## 31 Days of Holiday Health

Traditionally, the holidays have been a time of over-indulgence in food, drink and spending with little regard to the consequences of those choices. Perhaps it is time to challenge that mindset and begin to look at the holiday season in a whole new light.

### DECEMBER 1

Set your focus for the month by jotting down the 5 most important reasons for the holiday season. Post your list in a conspicuous place. Throughout your day, let your eyes land on that list, take a few deep breaths and focus on the real reasons for the season and do your best to let the rest go.

### DECEMBER 2

Consider your sleep habits. Are you getting the recommended 7–9 hours of uninterrupted shut-eye most nights? If not, look for ways to increase your zzzzs. Examine your TV and online time, caffeine intake, schedule, and the priority you place on getting adequate sleep. A lack of sleep leads to carb cravings and weight gain.

### DECEMBER 3

Start your day right with a good protein source to help you to eat less throughout the day. Consider egg substitute, eggs, lean ham, turkey bacon, Kellogg's Special K High Protein cereal, Greek yogurt, a protein shake, or a protein bar.

### DECEMBER 4

Become aware of your activity level by wearing a pedometer. The holidays are not a time to slack off of your activity level. A pedometer will give you concrete numbers to monitor. Jot down the number of steps you take each day on your calendar or planner. Steps for your holiday shopping, cleaning and decorating all count!

### DECEMBER 5

Sunday is a great day to sit down in an easy chair and make some plans for the upcoming week. Ask yourself these questions:

- What meals and snacks will I eat?
- Do I need to grocery shop?
- How does my schedule look?
- What can I do today to make my week go smoothly?

### DECEMBER 6

Find a few minutes to look up low fat, low sugar versions of your family's favorite holiday recipes ([www.barixclinicsstore.com](http://www.barixclinicsstore.com) is a great resource). Add the ingredients to your shopping list so you can make a trial batch.

### DECEMBER 7

Connect with one person who has been on your mind lately—schedule a lunch date, chat on the phone or better yet—meet for a walk.

### DECEMBER 8

Explore new fitness options in your area. You can research online, look for community education classes, stop by

a program or try out a class. If you are too busy to try something new now, plan to start at the beginning of next month. Your body thrives on diverse activity.

### DECEMBER 9

Look for gifts that help those you care about to move towards their health goals. Consider a fitness class, an exercise outfit, a unique BPA-free water bottle, healthy stocking stuffers or a subscription to a magazine that promotes a healthy lifestyle.

### DECEMBER 10

The holiday season is ripe with opportunities to give back. Consider a donation to a food bank, an adopt-a-family program, volunteering, sponsoring a child, helping out a neighbor in need—the list goes on and on. Giving is not only good for the receiver; it also has health benefits for the giver.

### DECEMBER 11

Get support from other weight loss surgery patients. Log onto <http://forum.barixclinics.com> to connect with others, form friendships, and support each other.

### DECEMBER 12

Laughter is good medicine. What makes you laugh? Is it a funny movie, a funny book, watching the monkeys at the zoo, people-watching, a great friend or a good comedian? Find an opportunity or two this week to laugh more than you normally do.

### DECEMBER 13

The days are short and the nights are long—a perfect time to enjoy the peacefulness of a crackling fire, a soothing candle, Christmas tree lights, or dimmed lighting. Create an environment that allows your mind to

slow its chatter and your body to find true relaxation.

#### DECEMBER 14

There are lots of ways to enjoy the outdoors (just be sure to dress right)—a brisk walk in the cold, sledding, cross country skiing, snowmobiling, making snowmen (snowwomen, snowchildren) or having a snowball fight. Enjoy of a cup of sugar-free hot cocoa or sugar-free apple cider to warm up.

#### DECEMBER 15

Have an attitude check. Count your blessings. Keep your focus on the things in your life that are good. Be positive. Smile. Follow your mother's advice: "If you don't have something nice to say, don't say anything at all." We can control our attitudes and our attitudes make a world of difference.

#### DECEMBER 16

Start a log. Studies show that those who keep a food and activity log are more successful. A log can be kept on a small pocket-sized notebook, online, on an Excel spreadsheet or even on your phone (I am sure there is an app for that!). It is rewarding to see how many steps you actually do take in a week and how many days you do reach your protein goal. It can also bring fully to mind choices that are not so great.

#### DECEMBER 17

Add more probiotics to your life. Probiotics are beneficial bacteria that live in your intestine. Probiotics have been found to help prevent colon and bladder cancer; decrease symptoms of irritable bowel; enhance the immune system; increase the absorption of calcium, vitamin B-12 and iron, and more. Get your probiotics from a quality low-sugar yogurt or a supplement.

#### DECEMBER 18

Eat an extra serving of vegetables today. Vegetables are full of nutrients, light on calories and a great source of fiber.

#### DECEMBER 19

Today plan an anonymous act of kindness that you can carry out next week. The whole idea is that the recipient will not find out it was

you. Here are a few ideas to get you thinking:

- Send someone in financial need a few bucks and an encouraging card (when is the last time your mail wasn't delivered?);
- Make (or buy) a CD of uplifting songs;
- Give an encouraging book—used is okay;
- Find positive quotes online and print on festive paper;
- Fill a gift bag with their favorite snacks;
- Buy a gas card and a toy car from the dollar store—you can come up with a catchy note ("Here's a little something to get you from point A to point B—Happy Holidays").

#### DECEMBER 20

Schedule preventative care appointments for early next year. Be sure to include dental care and a check-up with your primary care physician. If you have had bariatric surgery, your surgeon would like to see you annually after your first year.

#### DECEMBER 21

Gather family and/or friends for an evening holiday light tour. Bundle up, play holiday music and drive through the neighborhoods enjoying the wonderful displays of lighting.

#### DECEMBER 22

Bake a holiday treat without sugar. Replace the sugar with Splenda. In baked goods add ½ teaspoon baking soda to each cup of Splenda used. Watch cooking time—it may be shorter.

#### DECEMBER 23

Make time for a light workout. It will help you to stay energized and relieve any holiday stress that is building up.

#### DECEMBER 24

Stay on track. Give yourself permission for a small splurge, but keep it in check. You aren't going to feel good if you overdo it and this isn't all about the food anyway.

#### DECEMBER 25

The mind, body and spirit are all interconnected. Set aside time today for those things that give you a sense of inner peace, comfort, and strength. Everyone is different, but consider praying, meditating, singing

or listening to devotional songs or attending church services.

#### DECEMBER 26

Set health and fitness goals for next year. Specific goals and a plan to reach those goals will put you on track to achieving some big improvements.

#### DECEMBER 27

Put one thing in place that will help you get started on your goals for next year. If your goal is to run a 5K race, research couch to 5K training programs, buy new running shoes or check out indoor tracks in your area. If one of your goals is cook at home more, gather recipes, pull the crock-pot out of the basement and make a monthly meal plan.

#### DECEMBER 28

Look back over the past year and think about the things that you spent time on that made you happy. Make a quick list of those things. Your list may include spending time with people you care about, a special trip you were able to take, taking steps to reach a health or fitness goal, a weekly meeting with friends or any number of things. Take out a new 2011 calendar and schedule in more of these happiness makers.

#### DECEMBER 29

Go online (fitday.com) and evaluate what you eat for one day. You will see how your diet stacks up and if there are any nutrients you are deficient in or any that you are consuming in excess. This will give you a potentially eye-opening snapshot of the healthiness of your diet.

#### DECEMBER 30

Clean out your kitchen. Get rid of old spices, foods with added sugar, foods that are high in calories and any leftover holiday treats. Go shopping and stock up on fresh unprocessed foods.

#### DECEMBER 31

Bring in the New Year in moderation. Look for healthy snacks for your celebration and low sugar alcoholic or non-alcoholic beverages. Baja Bob has a line of sugar-free drink mixes that will help to make your night special. Add some fresh or frozen (without sugar) fruit and you have a fun drink to ring in the New Year.

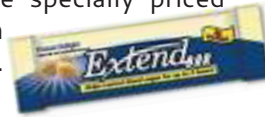
# FEATURED PRODUCT

## EXTEND BARS

Delicious Extend Bars are high in protein (11 grams per bar), low in fat, contain 0-1 gram of sugar, have only 150-160 calories per bar, and help to prevent highs and lows in blood sugar levels. Extend Bars are available in five

great flavors: chocolate, peanut butter chocolate, mixed berry, apple cinnamon and peanut. Designed by a physician seeking a way to help her diabetic patients maintain a healthy blood sugar range throughout the day, these tasty bars work great for post-bariatric patients too.

Extend Bars are specially priced for the month of December. Try them today!



# WHAT'S NEW?

Have you found that as you lose weight, you want to engage in new and exciting activities? Do you have a new-found passion for running, biking, hiking, mountain climbing or chasing your kids around the back yard? Although 41-76% of degenerative joint disease resolves with bariatric surgery (according to the American Society for Metabolic and Bariatric Surgery's website), you may find that your new activity level requires you to give your joint and bone health some attention.

If joint pain is keeping you from doing all that you want to do, and you are ready to take your health to the next level, give us a call. We have established a special team of experienced orthopedic surgeons and therapists who understand the unique needs of bariatric patients. Solutions can range from a simple program of targeted exercise to a more complex surgical option.

They'll work with you one-on-one to determine what is right for you. You're not on the sidelines anymore; keep those active joints jumping! Get more information by attending a free seminar with a presentation on bone and joint health by Dr. John Anderson. Call (734) 434-3020 to register.

**Saturday, January 15th,  
10:00 AM**

Forest Health Medical Center  
135 S. Prospect  
Ypsilanti, MI 48198

**Wednesday, January 26th,  
6:00 PM**

Forest Health Medical Center  
135 S. Prospect  
Ypsilanti, MI 48198



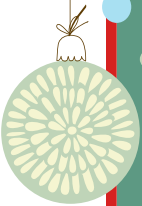
# REQUEST A FREE BROCHURE

for you or a friend at  
800-282-0066,  
or [www.barixinfo.com](http://www.barixinfo.com)



Blessed is the season which engages the whole world in a conspiracy of love.

Hamilton Wright  
Mabie



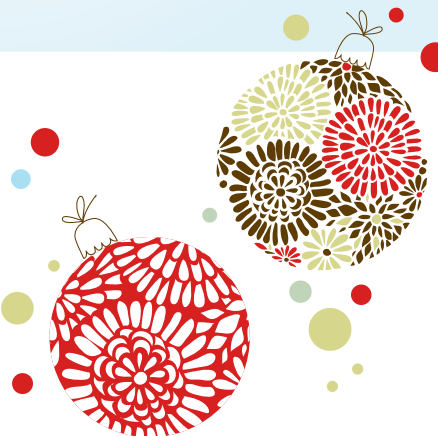
# IT WORKED FOR ME

*Submitted by Lynn H.*

Last year I got my entire extended family on board with healthy food choices for our holiday gathering. I typed up a fancy menu and emailed it. The menu email contained links to online recipes. I asked everyone to choose a menu item to make in a low-fat and/or no-added-sugar version. They all agreed and we had a guilt-free feast that was absolutely yummy.

# 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 December 31, 2010. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).



# RECIPES



## CHICKEN TENDERS

Cooking spray  
1/2 cup sliced almonds  
1/4 cup whole-wheat flour  
1 1/2 teaspoons paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon dry mustard  
1/4 teaspoon salt  
1/8 teaspoon freshly ground pepper  
1 1/2 teaspoons olive oil  
4 egg whites or 1 cup egg substitute  
1 pound chicken tenders

Preheat oven to 475°F. Set a wire rack on a foil-lined baking sheet and coat with cooking spray.

Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor or blender. Process about 1 minute until the almonds are finely chopped. Add oil and process until mixed. Transfer the mixture to a shallow dish.

Whisk egg whites in a second shallow dish. Coat chicken tenders evenly on both sides with egg whites and then with almond mixture. Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side.

Bake until golden brown, crispy and no longer pink in the center, 20 to 25 minutes. Makes 4 servings.

**NUTRITION INFORMATION PER SERVING:** 147 calories, 21 grams protein, 4 grams fat, 4 grams carbohydrate, 214 mg sodium.

## CHICKEN AND MUSHROOMS

3/4 cup chicken broth  
1 1/2 tablespoons tomato paste  
1/4 teaspoon ground black pepper  
1/2 teaspoon dried oregano  
1/8 teaspoon salt  
1 clove garlic, minced  
4 boneless, skinless chicken breasts, cut into 1/2  
3 tablespoons dry bread crumbs  
2 teaspoons olive oil  
2 cups fresh sliced mushrooms

In a medium bowl, combine the broth, tomato paste, ground black pepper, oregano, salt and garlic. Mix well and set aside.

Coat chicken breast halves evenly in bread crumbs. Heat oil in a large skillet over medium high heat; then sauté coated chicken for 2 minutes per side, or until lightly browned. Add broth mixture and mushrooms; bring to a boil. Cover, reduce heat to low and simmer for 20 minutes. Remove chicken and set aside, covering to keep it warm. Bring broth mixture to a boil and cook for 4 minutes, or until reduced to desired thickness. Spoon sauce over the chicken and serve. Makes 4 servings.

**NUTRITION INFORMATION PER SERVING:** 207 calories, 29 grams protein, 7 grams fat, 7 grams carbohydrate, 435 mg sodium.



## Christmas Gift Suggestions:

To your enemy, *forgiveness*. To an opponent, *tolerance*.  
To a friend, *your heart*. To a customer, *service*. To all, *charity*.  
To every child, *a good example*. To yourself, *respect*.

Oren Arnold

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newsletter\\_sign\\_up.html](http://www.barixclinicsstore.com/newsletter_sign_up.html)

## 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 our centers in Michigan, Ohio, and Pennsylvania. *Call us today for more information!*

## 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/share\\_your\\_story.html](http://www.barixclinicsstore.com/share_your_story.html).

What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

## QUESTIONS ABOUT FINANCING YOUR SURGERY?

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