

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

2016 | In Review

Identify past accomplishments and set new goals for 2017!

2016 like most years, seemed to just fly by. As the year winds down, I encourage you to sit down and reflect on the past months. Take time to think through the changes, events, happenings, and accomplishments of the year. What went really well or not-so-well? This simple exercise can help to set you up for goal-setting in 2017 that focuses on the things that are most important in your life. The time will be well-spent and, hopefully, you'll find it to be both fun and inspiring.

With the crazy pace of life most of us live, we tend to forget many things almost immediately after they occur. In addition, many life changes are subtle and often not apparent until you put some thought to them. For these reasons, we've provided some tools to help jog your memory and gather basic information. Your planner or calendar will be helpful.

Below are two tools or methods for your year-end review exercise. Choose the one that best suits you or if you're really inspired, do both.

METHOD 1: (see page 2)

To help you organize this process, start by listing important areas of your life, such as relationships, health and fitness, work, and other headings as you see fit—see example. Next, break down each area into subcategories that make sense for your life. For example, relationships might

have subcategories of spouse, children, mother-in-law, co-workers, friends, etc. Then in each area start writing down the significant happenings of the past year—positive and negative. Don't filter your responses, just record.

Next, ask yourself which of the things listed went well and which did not go so well. You may want to use different colored highlighters or pens to differentiate the two.

Finally, think about which of the areas are most important to you and if you focus your energies on them will give you the biggest boost next year. Put a star next to those you've identified. You can use the results of this exercise to help you plan and prioritize your goals for the upcoming year. Stay tuned for the January issue of *On Track with Barix* and we'll walk you through some goal-setting exercises.

METHOD 2: (see page 3)

This method will help you to identify what really made a difference in your life this year. Consider your accomplishments month-by-month. You may not have anything significant to list some months and other months may contain several accomplishments. Accomplishments can be something you did, a difficulty that you overcame, a new habit you worked to establish, or an event that occurred. Take time to list your accomplishments, month-by-month on a sheet of paper.



Next think through what you learned or how you've changed through achieving each accomplishment. Did anything surprise you, disappoint you, or inspire you? Change can seem elusive at times, but when you reflect upon it this way, you may see that there have been many unexpected lessons and changes throughout the year. Big changes may be more apparent, but small changes really add up to make us who we are and give us the wisdom to make good decisions as we move forward in life.

Finally ask yourself these questions:

- Which of these accomplishments was most important to me?
- How has each accomplishment set me up for the next life step?
- How satisfied am I overall with my year?
- What is missing from my list?
- What do I need to make more time for?
- What are my goals and dreams?

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Method 1 | EXAMPLE

Area of Life	Changes, Events, Happenings, Accomplishments
Relationships	
Spouse	Date nights, Anniversary dinner, Weekend up north
Children	Kelsey graduation, David summer work, Birthday celebrations, Weekly Sunday family brunch, Family vacation
Co-Workers	Remembering birthdays, New co-worker, Retirement party for Pat
Health	
Preventative	Annual check-up, Dental appointments, Flu shot, screenings, Vitamin supplements
Exercise Habits	Spinning class, Average steps, Injured ankle, Fatigue
Eating Habits	Meal planning, Food choices, Avoiding sugar, Small meals, Grazing
Sleep	Sleep study, Better routine, Not enough time
Stress Level	Learning to let go, Exercise, Deep breathing exercises
General Health	Weight, Diabetes, Happiness, Joint pain, Feel better-but still too tired
Financial	
Work	New responsibilities, New boss, Increased work hours, Raise
Budget	New car, Graduation party, Home repairs, Vacation, Cut cable bill
Savings	Saving account balance, Retirement account, HSA

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Method 2 | EXAMPLE

GOAL	ACCOMPLISHMENTS	WHAT I LEARNED	RESULTS	AM I SATISFIED? WHAT'S NEXT
JANUARY	Started tracking steps per day.	I sit alot at work and steps need to come before or after work	Began walking on treadmill in morning before work	Yes, but I need to be more consistent.
FEBRUARY	Started tracking food intake	I'm grazing at night	I added a substantial snack after dinner	Yes, I need to work on making better choices for breakfast
MARCH	Took family vacation	Not to plan too much	I didn't feel as relaxed as I had hoped	We had a good time, but I will do it differently next time
APRIL	Had annual physical screenings	My cholesterol is still elevated; my weight is at a healthy BMI	I looked at my food choices and reduced my fat intake	Yes, I am thrilled about my weight. My health is a work in progress and I plan to work even harder next year.
MAY	Finished remodeling bathroom	It always costs more than you expect, but love the results	Hold off on kitchen remodel until more money is saved	Yes, glad we put in the effort.
JUNE	Started spinning and yoga classes	I love them both	Prioritized the time to take classes	Yes, I feel very proud that I was able to add this exercise to my life.
JULY	Completed mid-year budget review	We need to save more	Decreased cable TV and cell phone expenses	Yes, and no. I am happy that I am watching the budget closely. More work to be done.
AUGUST	Made a list of extended family and co-workers birthdays. Purchased bulk birthday cards.	It feels good to remember people and send them a card on their special day	Better relationships	Yes, I would like to think of more ways to show those around me how much I appreciate them.
SEPTEMBER	Started to work on improving sleep by monitoring time slept for 1 week	Weeknight sleep averaged 6.5 hours, weekend sleep averaged 8 hours	Eliminated evening TV watching to hit the sack earlier, less fatigue	Yes, I need to continue to work on this one. It is really hard to go to bed at my scheduled time.
OCTOBER	I bought small toys in place of candy for trick-or-treat	None of the kids complained - at least not that I could hear	I felt good about promoting my no-added-sugar lifestyle.	Yes, I will continue this tradition.
NOVEMBER	Hosted Thanksgiving dinner with all bariatric-friendly foods	There are lots of low sugar, low-fat recipes available online for traditional holiday foods	No one could tell that I served no-added-sugar foods, I was complimented on the gravy (low-fat)	Yes, next year, I will take a no-added-sugar dessert to the dinner hosted by my sister.
DECEMBER	Finished financial management class	Better stock market strategies	I'm slightly more comfortable with stock market risk	Yes and no. I am glad that I put forth the effort to attend the class. I need to look into some alternative investments.

Sit down for a few minutes today and get started with your end of the year review. You don't have to get it all done at once. By taking that first step right away, you'll be more likely to follow through and complete this exercise and gain a few key insights about your life and how you want to grow during next year.

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QUESTIONS

ABOUT FINANCING YOUR SURGERY?

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Recipes

Vegetable Bean Soup

1 tablespoon olive oil, divided
3/4 cup yellow onion, chopped
2 tablespoons garlic, sliced
8 ounces mushrooms, quartered
3 cups tomatoes (about 2 large tomatoes), chopped
1 cup unsalted vegetable stock
3/4 teaspoon kosher salt
1 (15-oz.) can unsalted Great Northern beans, rinsed and drained
5 ounces baby spinach
1 tablespoon cider vinegar
Freshly ground pepper- to taste

Heat 1 tablespoon oil in large pan over medium-high. Add onion and garlic and cook for 2 minutes, stirring occasionally. Add mushrooms and cook for an additional 5 to 6 minutes or until browned, stirring occasionally. Add tomatoes, stock, salt, and beans and bring to a boil. Cook 5 minutes or until the mixture thickens and about half of the liquid has evaporated, stirring occasionally. Add spinach and cook 2 minutes, stirring occasionally. Remove from heat. Sprinkle with pepper and serve. Makes 6 servings (3/4 cup each).

NUTRITION INFORMATION PER SERVING: 171 calories, 9 grams protein, 6 grams fat, 22 grams carbohydrate, 387 mg sodium.

The secret to living the
LIFE OF YOUR DREAMS
is to start living the life of
your dreams today, *in every
little way you possibly can.*

Mike Dooley



Snowballs

2 cups almond flour
1 cup finely chopped walnuts
2 tbsp coconut flour
1 tsp baking powder
3/4 tsp coarsely ground cardamom
1/4 tsp salt
1/2 cup butter, softened
1/2 cup granulated erythritol
1 large egg
1 tsp vanilla extract
1/4 tsp stevia extract
3/4 cup powdered erythritol

Preheat oven to 325 degrees F and line 2 baking sheets with parchment paper. In a medium bowl, whisk together almond flour, chopped walnuts, coconut flour, cardamom, baking powder and salt.

In a large bowl, beat butter with granulated erythritol until light and fluffy, about 2 minutes. Beat in egg, vanilla and stevia extract. Slowly mix in almond flour mixture until dough forms. Make 3/4 inch balls of dough and place on baking sheets about 1 inch apart. Bake 18 minutes or until just lightly golden brown.

In a medium bowl, place powdered sweetener. While cookies are still warm, place in sweetener and roll around to coat. Sprinkle remaining powdered sweetener over cookies as they cool. Makes 36 cookies.

NUTRITION INFORMATION PER COOKIE: 85 calories, 2 grams protein, 8 grams fat, 2 grams carbohydrate, 59 mg sodium.

Recipes

Easy Shortbread Cookies

6 tablespoons butter, melted.
2 cups almond flour
1/3 cup granulated sweetener (Splenda, Swerve, etc.)
1 tsp freshly grated lemon zest

Fully mix all ingredients — dough will be crumbly. Form dough into a cylinder shape and wrap and compress tightly with plastic wrap. Place in freezer for 30 minutes or until firm. Preheat oven to 350 degrees F. Grease cookie sheet. Slice cold dough with a sharp knife into 1/2 inch thick cookies. If the dough isn't cold enough, it will crumble apart. Bake for 15 minutes, or until golden brown. Cool before removing from cookie sheet. Makes 16 cookies.

NUTRITION INFORMATION PER COOKIE: 118 calories, 3 grams protein, 12grams fat, 3 grams carbohydrate, 5 mg sodium.



Nothing is predestined.
THE OBSTACLES
of your past can become
the gateways that lead to
new beginnings.
Ralph Blum



Ginger Chicken Vegetable Soup

2 tablespoons olive oil
1 small red onion, thinly sliced
3 cloves garlic, finely chopped
3 tablespoons fresh ginger, grated
64 ounces low-sodium chicken broth
2 medium parsnips, peeled and chopped
2 medium carrots, peeled and chopped
2 stalks celery, thinly sliced
1 medium turnip, peeled and chopped (1 1/2 cups)
1/2 teaspoon Kosher salt
1 2 to 2 1/2-pound rotisserie chicken, shredded
1/2 cup peas
4 scallions, sliced

Heat oil in a large saucepan over medium heat. Add onion, garlic, and ginger; stir and cook 2 minutes. Add broth, parsnips, carrots, celery, turnip, salt; bring to a boil. Reduce heat and simmer until the vegetables are tender; about 15 to 20 minutes.

Add chicken, peas, and scallions to the saucepan and cook until heated through, 3 to 4 minutes. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 198 calories, 16 grams protein, 9 grams fat, 14 grams carbohydrate, 532 mg sodium.

Get Rewarded!

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, 2016. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

FAILURE
is the opportunity to begin
again more intelligently.
Henry Ford

Ham & Eggs

6 large eggs
1/2 cup skim milk
Dash pepper
12 slices thin sliced lean ham
3/4 cup shredded cheddar cheese (or other cheese of choice)
3/4 cup vegetable of choice (onion, asparagus, peppers, mushrooms, spinach, etc), finely chopped

Preheat oven to 350 degrees. Spray muffin tin cups with non-stick cooking spray and line each with a slice of ham. Add about 1 tablespoon of vegetable and 1 tablespoon of cheese to each cup.

Beat eggs, add milk, and pepper and mix well. Pour on top of cheese. Bake at 350 degrees for 20-25 minutes until centers are set. Makes 12 servings.

NUTRITION INFORMATION PER SERVING: 104 calories, 11 grams protein, 6 grams fat, 1 gram carbohydrate, 413 mg sodium.