

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Spring Training

SHAKE OFF WINTER and RENEW YOUR MINDSET

Spring is a superb time to reignite your exercise program. The dark gray days of winter are gone and the temperature is rising. If you kept up your exercise routine through the winter months—that's great! It's time to up your game and take your health and fitness to the next level. If the winter doldrums caused you to slack off—no more excuses. It's time to get going.

Of course, regular exercise boosts your metabolism and helps you reach and maintain your weight loss goals. If that isn't reason enough to get up and moving, here are some other benefits to regular exercise:

- Improved mood and lessened feelings of depression and anxiety.
- When paired with adequate protein, it helps build muscle.
- High impact exercises like walking or jogging help to keep your bones strong.

Exercise to **STIMULATE**, not to annihilate. The world wasn't formed in a day, and neither were we. **SET SMALL GOALS** and build upon them.
Lee Haney

- A boost in energy and diminished feelings of fatigue.
- A decrease in the risk of many chronic diseases due to improved insulin sensitivity, better cardiovascular fitness, lower blood fat levels, and lower inflammation.
- A younger appearance—exercise promotes your body's production of antioxidants, helping your skin look healthier and younger.
- A better functioning brain due to improved oxygen and blood flow, the growth of new brain cells, and a reduction in inflammation.
- Better sleep and relaxation.
- A reduction in the sensation of pain and improved quality of life.

You may wonder just how much exercise you need to reap these and other rewards—after all, your time is limited. At a minimum you probably need 30 minutes a day with increasing benefits found at 300 minutes a week. Another way to look at it is the number of steps taken in a day. For weight loss, building up to 10,000 steps a day is probably enough. To maintain weight loss, you may need an average of 15,000 steps.

We all have a different starting point and unique fitness level. Strive to



continuously improve your fitness and reach for higher goals. Follow these spring training guidelines and you'll be reaping the benefits by summertime.

Start Slow. Just getting back into the habit of regular (hopefully daily) exercise is an achievement. Start slowly to avoid injury, painful muscles, and a quick burnout.

Set Measurable Goals. Use the number of steps walked, the miles logged on a treadmill or elliptical, the time spent swimming, the number of classes taken, or some other measurable figure as a goal. Post your goal(s) somewhere that you will see it throughout your day to keep it in the forefront of memory.

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Diversify. Team up with a buddy to walk on Saturday mornings, take an aqua-fit class on Tuesday and Thursday evenings, use your treadmill on Monday, Wednesday, Friday mornings, and follow a YouTube yoga video on Sunday. Your body will benefit from the different types of exercise.

Invest in New Shoes. Worn shoes can result in an injury sidelining your efforts. If your shoes have seen better days, it is time to replace them.

Do Some Spring Cleaning. You need to fuel your spring training with wholesome unprocessed foods. Clean out all of the simple comfort carbs that found their way back into your cupboards. Stock up your refrigerator with lean protein options, and fresh vegetables and fruits. In general, there is no need to increase your calorie intake when you bump up your exercise routine. Work with your Barix Nutritionist to meet your specific goals.

I created a fitness club with **FIVE FRIENDS**. We have weekly **CHECK-INS** and a **REWARD SYSTEM**—and group penalties if one of us slacks off.

Bryce Dallas Howard

Freshen up Your Tunes. Add some new music to your workout playlist. You'll find that you naturally pick up your pace when a favorite song comes on. The combination of endorphins from the music and exercise will lift your spirit for hours.

Remember to Stretch. To prevent injury and minimize soreness, be sure to stretch after warming up and when finished with your workout. It's amazing how tight muscles can quickly become and you don't often realize it until you stretch.

Water Up. Be sure to drink plenty of water throughout the day—not just while exercising. Chances are you don't need a sports drink to replace electrolytes unless you are sweating heavily. Use a refillable BPA-free water bottle.



Use Vacation Time. Take advantage of a warmer climate vacation to jump-start your spring training fitness plan. You'll have all day to hike, bike, swim, play tennis, or even get in your steps shopping.

Consistency is Key. You'll want to be as consistent as possible with your workout routine to get the most benefit, but perfection isn't required. Shoot for 80/20. Eighty percent of the time, follow your plan to the best

We talk a lot about how fitness is a natural **ANTIDEPRESSANT**, how it burns off **STRESS**.

What I like about running is that it gives me **TIME ALONE**.

I'm always busy, with people at work, with my kids. I love getting out for a run by myself and just listening to my music.

Allison Sweeney

of your ability. Twenty percent of the time, allow yourself a little leeway.

Measure progress. Exercise is an important component of long-term weight maintenance, but doesn't often result in a big drop in weight by itself. You may find that you actually gain a few pounds when you first start exercising. Your body tends to hang onto a couple of pounds of fluid when you're using your muscles more than usual. Use a tape measure to see where you're trimming inches. Monitor the distance you can walk in 30 minutes. Are you able to lift more weight? How about your energy—has that changed? Track one or more measures of your progress.

Literally Train. Sign up for a 5K and start training for the race. With an event scheduled, you'll have something specific to work towards. There are numerous programs you can download and follow. Get a friend with a similar fitness level to train with you. Post your end-of-race pics on social media to inspire your following.

Relax. Those tired muscles need to rejuvenate—soak in a hot bath, get a massage, or snuggle up for some extra sleep.

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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.

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We'd love to hear from you!

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Recipes

Gelatin Parfait

1 pkg (4 serving size) gelatin, sugar free
2 scoops vanilla protein powder
1 cup light Cool Whip

Dissolve gelatin in 1 cup boiling water. Add ½ cup cold water and stir. Using hand mixer, add in protein powder and Cool Whip. Mix until well blended. Pour into 5 individual serving cups. Refrigerate until set. Makes 5 servings.

Optional: garnish with whipped cream and a slice of fresh fruit.

NUTRITION INFORMATION PER SERVING: 89 calories, 9 grams protein, 2 grams fat, 4 grams carbohydrate, 92 mg sodium.



Chicken Casserole

½ cup diced onion
2 cups diced celery
2 cups chicken, cooked and cubed
1 cup fat free mayo or Miracle Whip
2 tsp. lemon juice
1 cup cheddar cheese, shredded
½ cup edamame
2 Tbsp. almonds, slivered and toasted

Preheat oven to 400 degrees. Mix all ingredients except for ½ cup of shredded cheese and the almonds together. Coat a casserole dish with nonstick spray and place mixture in it. Sprinkle remaining cheese and slivered almonds on top. Cover with foil. Cook for 25-30 minutes. Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 218 calories, 15 grams protein, 13 grams fat, 13 grams carbohydrate, 488 mg sodium.



Get Rewarded!

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