

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Living a Balanced Life

Living a balanced life means different things to each of us. For most of us, it means having enough time for things that are important to us. **One rule of life:** there are only 24 hours in each day. Although we try to squeeze the most into those 24 hours, we may find that if we are not living a balanced life, we are exhausted and stressed and really not very happy for the most part. None of us lives a completely balanced life and at different times of our lives, different areas will require a larger investment of our time.

For example, when a new baby enters your family, when you are striving to complete a master's degree or when you are starting a new business, life may be out of balance for a time. If continued for too long, this lack of balance can lead to a loss of effectiveness, energy, relationships, and health. It is important to plan for these times and find things that nurture and sustain during these times. Give yourself permission to pass up on the illusion that you can have it all. Give yourself the opportunity to define a balanced life on your terms.

The table below highlights some characteristics of living a balanced life or a life out of balance. As you look over the table, you should be able to identify if you need to spend some time defining priorities and values in your life and comparing those to how you actually spend your time in order to achieve more balance. We each have areas of our life that are important to us. Although each of these areas overlap into the other areas and impact us as a whole, it may be useful for illustration to separate them out.

One eye-opening exercise is to define your priorities and actually get them on paper. Consider the categories of spiritual/emotional health, physical

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BALANCED LIFE

- Able to live in the moment with spontaneity
- Calmness/Peace/Acceptance are prominent emotions
- Reasonable workload
- More time spent on things that are important to you or loved ones
- A clean, safe home to retreat to
- Regular exercise
- A way to earn an adequate income that is enjoyable
- Loving relationships
- Adequate self care
- A healthy diet
- Dreams, vision, goals
- Tending to spiritual/emotional health
- Feeling focused, centered, grounded

OUT OF BALANCE

- Life dictated by never-ending "to do" lists
- Anxiety/ Panic/Dread are prominent emotions
- Working longer and harder
- Not enough time spent on things that are important to you or loved ones
- Perhaps a larger home with more financial burden than necessary
- No time or energy left for exercise
- Inadequate income or job dissatisfaction
- Troubled relationships
- Ignoring personal needs
- A poor diet
- Just going through the motions
- Ignoring spiritual/emotional health
- Feeling fearful, overwhelmed, helpless

health, family life/social relationships, and professional life/financial stability. If these categories don't cover the major elements of your life, create categories that do. What is the value of each of these to you at this particular point in time? Try to prioritize. It may be helpful to visualize yourself looking back over your life at a later point in time. What do you want to accomplish with your life? What legacy do you want to leave? The answers can help to guide the decisions that you make and help you to prioritize what you do with the time that you have each day.

Next compare the values and priorities that you have defined and compare them to how you currently spend your time. Take a week to do this. Keep track of your time using time management software, a spreadsheet or just a few sheets of paper. Just writing it down at one time is not often accurate. After you see how you actually spend your time, analyze it. How much of your time are you spending on things that do not reflect your values and priorities? Have you scheduled time for your spiritual and emotional

health? What are you doing that is not important and not necessary? Can you make adjustments to spend that time on things that are of greater value to you or those you care about? Let go of all of the constraints that hold you back and on paper design a perfectly balanced life—realizing that the achievement of this balanced life is not the goal—moving towards it and learning to spend your time on the things in your life that are important are.

For example, after looking at your values, you may decide to make some adjustments in your financial requirements to allow you to leave your stressful job, go back to school or start a new business that is more in line with what you find important in life. You have more empowering choices than you realize. As you reclaim your power, you will be living your life from choice rather than on autopilot.

As you begin to begin to better align your time with your priorities, you may be surprised to find how much the different areas of your life

overlap. For example, taking the time to exercise for your physical health affects your mental, spiritual and emotional health as well. Starting out on a walk, you may find yourself upset. As you continue the walk, your mind clears as you process what is bothering you. You then notice the setting sun and your spirit is renewed. You begin to picture all of the things in your life that you are grateful for and your emotional state is elevated. Think about the impact on all aspects of your life if you made the decision to have weight loss surgery. Your physical, mental, spiritual, and emotional health can all be positively impacted. Many people have found the ability to move into better paying jobs, the ability to participate more with their children's activities, feel more like going out and doing things, and have more energy to pursue their dreams after bariatric surgery. Purposely living your life based upon your values can be very powerful.

- *Find passion. If you don't know what your purpose in life is, start by making a list of the things that you would like to do before you die.*
- *Consciously slow down....slow your walk, your talk, your breathing, your eating. Notice things around you. Notice how calming it is to breathe slowly. Notice the taste and texture of the food you are eating.*
 - *Resist the urge to purchase the next "big thing" or to buy into the culture of having to have it all and do it all.*
- *Say "no" to activities that don't enhance your own life or those of the people you love. Can you delegate or hire someone else to do them? For instance, is it really necessary that you mow the lawn and weed each week?*
- *Be creative and see where different parts of your life can overlap. Go dancing with your spouse instead of going to the gym by yourself. If your office is amenable, bring your child to work one day. Older children can pull files or do other minor office tasks. You also might look into a job-sharing arrangement to give you more time at home.*
- *Take time for quiet reflection in the morning and begin your day with calmness, clarity and focus to prepare for the day's challenges. Start each day with a sense of gratitude and openness.*
- *Cultivate relationships. People who have a lot of social support are happier. Developing compassion, patience and tolerance for others will go a long way to having better relationships with people.*
- *Consider signing up for a class or joining a group if you need to expand the number of relationships in your life. Surround yourself with positive people. Limit time spent with negative people who drain your energy.*
- *Get your body moving. Study after study has shown that exercise lifts mood and enhances the quality of life.*
- *Take healthy risks. Be willing to leave your comfort zone for something that is important to you.*

TIPS for getting your life in better balance



Planning for Surgery

As you work your way through the requirements to have surgery, take the time to put down on paper the reasons for your decision to have surgery. Post your list of reasons in a place that will catch your attention during the day to keep you inspired. This list can help you through difficult times...taking another day off of work for a cardiology clearance, dealing with the insurance company, working to get a few pounds off prior to surgery, giving up cigarettes or just the process of waiting.

Often people experience some anxiety about the surgery itself. Having this list of reasons to have the surgery can help to calm your concerns. The list can also be useful after the surgery when others are eating around you and you are still on the full liquid stage or you need a

little extra motivation to get your walking in on a rainy day.

So, what are your reasons? Are they health related? Do you want to be able to keep up with your children? Are you seeking more energy? Would you like to shop in a department store? Is your weight holding you back from achieving your dreams? Are you hoping for advancements at work? Take the time to list your reasons. Keep it realistic—having surgery and losing weight will not change everything—but it can have a very positive impact on many areas of your life. Share your list with those who may be skeptical about your decision to have surgery if you wish. Type them out in fun colorful fonts. When you get frustrated or discouraged, they will be there to remind you what this is all about.

NUTRITION NIBBLER

A new study published in the Journal of the American Medical Association provides specific lifestyle habits and signs that lead to living a long, healthy life. The study looked at men and found that those at middle age who did not smoke, drank no more than 2 alcoholic drinks a day, had normal blood sugar and blood pressure, were not overweight and had physical strength had a 2/3 chance of reaching the age of 85. Those without all of those characteristics had only a 20% chance of reaching 85 years of age.

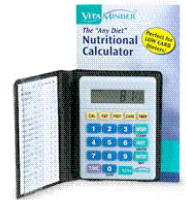
The quality of life was also closely tied to these six risk factors. Those who had all six risk factors (smoking, drinking more than three alcoholic drinks daily, high blood sugar, high blood pressure and a lack of physical strength) had only a 9% chance of being healthy if they did make it to age 85. Those without any of the risk factors had a 55% chance of having good health at age 85.

Bottom line: Healthful lifestyle habits can have an impact on the quality and length of life.

IT WORKED FOR ME

I found two items that are very helpful to me. The first is a book titled, "The Complete Book of Food Counts" by Corinne T. Netzer. The book counts calories, carbohydrates, protein, cholesterol, sodium, fat, and fiber. There are 910 pages of food products listed, including restaurants like Bob Evans. I bought this book at Wal-Mart for \$7.99.

The next find is Vitaminder. This is an electronic device the size of a calculator. It stores a one-week history. It is able to store calorie, fat, protein, and fiber counts for daily amounts consumed. You can find information at www.vitaminder.com.



~Submitted by Lorrie A



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, Ohio, Illinois and Pennsylvania. Call us today for more information!

SUBSCRIBE to *On Track With Barix* at: www.barixclinicsstore.com/newsletter.html

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 January 31, 2007. This month, thanks to Cindi E. and Lorrie A. 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.

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.

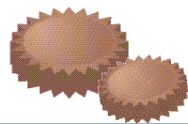
REQUEST A FREE BROCHURE FOR YOU OR A FRIEND

at 800-282-0066, or www.barixinfo.com



QUESTIONS? ABOUT FINANCING YOUR SURGERY...

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



RECIPES

CHOCOLATE PEANUT BUTTER CHEESECAKE CUPS

Found at www.splenda.com

24 mini sized foil baking cups

Crust

36 sugar free chocolate wafers
1/4 cup SLENDA® Granular
5 tablespoons light butter melted

Peanut Butter Center

1/2 cup SLENDA Granular
3 tablespoons reduced fat peanut butter
3 tablespoons reduced fat cream cheese

Chocolate Filling

4 oz unsweetened chocolate
8 oz reduced fat cream cheese
1 3/4 cup SLENDA Granular
1/2 cup skim milk
1/2 cup egg substitute
1 teaspoon vanilla

Preheat oven to 350 degrees F. Make crust by crushing cookies into fine crumbs and mix well with 1/4 cup SLENDA and melted butter. Set aside. Make peanut butter filling by placing all ingredients in bowl and mixing until well blended. Set aside. Make chocolate filling by melting chocolate in small sauce pan over low heat. Set aside. Blend cream cheese and SLENDA in a small mixing bowl. Slowly add milk. Use a wire whisk to mix until smooth. Add melted chocolate. Stir well. Add egg substitute and vanilla. Mix well until blended. Set aside.

Assemble cups by placing 24 mini sized foil baking cups on a sheet pan. Divide crust between the 24 cups and firmly press into the bottom of the cups. Place 1/2 teaspoon of the peanut butter center in the middle of each crust-lined baking cup. Spoon chocolate filling into each baking cup. Tap sheet pan on counter-top to remove air bubbles. Bake at 350 degrees for 10-15 minutes until slightly firm to the touch. Chill for 2 hours before serving. Makes 24 servings.

NUTRITION INFORMATION PER SERVING: 111 calories; 3 grams protein, 8 grams fat, 9 grams carbohydrate, and 97 mg sodium.



CRAB WON TONS

Submitted by Cindi E.

1 can (6 oz.) white crabmeat, drained, flaked
4 oz low fat cream cheese
1/4 cup thinly sliced green onions
1/4 cup low fat mayonnaise
12 won ton wrappers

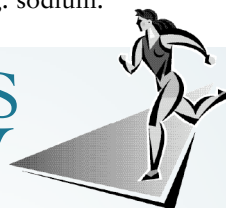
Preheat oven to 350. Mix crabmeat, cream cheese, onions and mayo.

Spray 12 medium muffin cups with cooking spray. Gently place one won ton wrapper in each cup, allowing edges of wrappers to extend above sides of cups. Fill evenly with crabmeat mixture. Bake 18 to 20 minutes or until edges are golden brown and filling is heated through. Makes 12 servings.

NUTRITION INFORMATION

PER SERVING: 77 calories; 5 grams protein; 4 grams fat; 6 grams carbohydrate; 180 mg. sodium.

WHAT'S NEW



The Barix Clinics® On Track Program is now available. It is an intensive eight-week program that addresses the barriers to successful weight loss and maintenance and puts you on track to success. Included are individual weekly phone coaching by experienced Barix Nutritionists (registered dietitians); weekly email modules based upon your specific needs designed to identify barriers, set goals, and change behaviors. Get more information at www.barixclinicsstore.com/ontrack.html.