



Health Notes



7 SIMPLE WAYS TO SHAPE UP THIS SPRING

Surgeons Choice Medical Center

22401 Foster Winter Drive
Southfield, MI 48075
(248) 423-5100

Surgeons Choice COVID Testing

26154 Woodward Ave
Royal Oak, MI 48067
(248) 423-5777

Surgeons Choice Macomb Center

11012 E. Thirteen Mile Rd
Warren, MI 48093
586-751-9800

Surgeons Choice Dearborn Center

22731 Newman St
Dearborn, MI 48124
313-359-9540

Surgeons Choice Imaging Center

11012 E. Thirteen Mile Rd,
Suite 111
Warren, MI 48093
586-558-8470

Surgeons Choice Medical Clinic

Call for an appointment
to be seen by a specialist
within 24-hours
248-485-8300



Spring is a time for shedding layers, sporting the latest bright fashions – and, of course, spring cleaning. That can apply not only to reorganizing your closet, but to tossing some unhealthy winter habits you may have fallen into, such as not exercising due to Arctic temperatures.

There's a lot of information out there that can be helpful, but not every method works for every person. Instead of harboring guilt for taking on too lofty a goal, try these simple tips; they can make a big difference.

1. Identify the "why"

Getting in shape does not always mean losing weight. Perhaps you just want to feel better about yourself, have more energy and know that you're doing something good for your body. If you identify why you want to get fit, it will help you power through a tough workout or give you the willpower to say "no thanks" to takeout tacos for the third time this week. Looking for more inspiration? Check out three ways to find workout motivation when you'd rather give up.

2. Find a way (or a few ways) to be active every day

If you find activities that you truly love, you will find joy in being active

every day, even if it's just going for a walk in your favorite place. Eliminate the "I don't have time to work out today" excuse by embracing the short but effective exercise session. Anything you can do to get your body moving will put you in a better place mentally and is better than being completely stationary.

3. Eat real, whole food

Forget counting carbs and calories; instead, focus on fueling your body. If you are eating nutritious foods with as few ingredients as possible – fresh fruits and vegetables, whole grains, healthy and clean proteins – you're treating your body well. This spring, try some delicious and healthy recipes that will have you feeling refreshed!

4. Don't think of health as a punishment

Find physical activities and nutritious meals and snacks that feel like you're giving yourself a reward. This is exactly what your health should be – a gift, something that makes you feel healthy and happy. Try these 4 ways to add fun to your workout.

5. Don't skimp on sleep

Easier said than done, I know. In our hectic, overscheduled lives, sleep often gets pushed to the back burner. But sufficient rest should be one of your top priorities. Check out these tips for a better night's sleep.

6. Hydrate

Drinking more water is one of the simplest ways to achieve a

healthier you. Proper hydration aids digestion, refuels our bodies for upcoming workouts, boosts energy, nourishes the skin... the list of benefits goes on and on. Keep a water bottle at your workplace as a constant reminder to drink more H2O, or carry a water bottle with you. The weight of a heavy water bottle will remind you to do your best to empty it!

7. Enlist a buddy

Being vocal about your goals to get in shape can be a powerful motivator and may even inspire a friend or coworker to join you. I like to schedule regular workout dates with a friend so I stay committed and feel accountable. Strength in numbers! Here are some tips to find a perfect fit-buddy.





TOP 10 TIPS FOR A HEALTHY DIET

1. Drink Lots Of Water

Take a 1.5-litre – that's over 2.5 pints – bottle of water to work with you, and try to finish it all by home time. It might involve a few extra toilet breaks in the day, but it's worth it.

2. Eat The Recommended Portions Of Fruit And Vegetables Every Day

If you find this difficult, then remember that smoothies, juices and dried fruit all count. Although advice on how many portions of fruit and vegetables a day can vary from country to country, average recommendations tend to be between 5-10 portions a day.

3. Never Skip Breakfast

Breakfast is the most important meal of the day! Opt for something that will release energy slowly – porridge and a handful of blueberries are a great option!

4. Plan Your Meals For The Week Ahead

Write a shopping list and stick to it – and never shop when you're hungry, as this is a fatal error that inevitably leads you to stuffing your shopping trolley full of junk!

5. Keep A Supply Of Healthy Snacks To Hand

Snacks can include fresh and dried fruit,

wholesome cereal bars, rice cakes, low-fat fruit yogurts and wholemeal pitta and hummus.

6. Remove All Visible Fat From Food Before You Cook It

Take the skin off chicken and trim the white fat off any meat. Also, try to avoid eating too many processed meats such as sausages and burgers (the fat's not visible from the outside, but it's certainly there).

7. Limit Your Intake Of Stimulants

Caffeine, alcohol and refined sugar are a few to limit in your diet.

8. Limit The Number Of Times You Eat Out To Once A Week

Take your own packed lunch to work or choose (non-creamy) soup in the canteen.

9. Eat Properly

Don't cut out food groups – such as carbohydrates – altogether in a bid to lose weight quickly. Your body needs balance, so make sure you eat properly. And don't do denial – you'll only end up cracking!

10. Only Eat Things You Like The Taste Of

Find what works for you, and don't force yourself to eat things just because they're good for you.

IN THE SPOTLIGHT:

Get walking with this 12-week walking schedule

Are you looking to ease into getting in shape? This 12-week walking schedule from the National Heart, Lung, and Blood Institute can start you on the path to better health. But before starting this walking plan, talk with your doctor if you have serious health issues, or if you're older than age 40 and you've been inactive recently.

Aim to walk at least five days a week. Start out warming up with a five-minute, slower paced walk. Slow your pace to cool down during the last five minutes of your walk.

Week	Warmup	Brisk Walking	Cool Down
1	5 Min	5 Min	5 Min
2	5 Min	7 Min	5 Min
3	5 Min	9 Min	5 Min
4	5 Min	11 Min	5 Min
5	5 Min	13 Min	5 Min
6	5 Min	15 Min	5 Min
7	5 Min	18 Min	5 Min
8	5 Min	20 Min	5 Min
9	5 Min	23 Min	5 Min
10	5 Min	26 Min	5 Min
11	5 Min	28 Min	5 Min
12	5 Min	30 Min	5 Min

