



**SURGEONS CHOICE™**  
MEDICAL CENTER

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Spring 2023



# Health Notes

## 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



## SURGEONS CHOICE MEDICAL - *Spring into SPRING!*



Winter is behind us and it's time to enjoy the benefits of spring! The world is waking up and shaking off the past months of cold. And of course, longer days means spending more time in the great outdoors! Be sure to spend time outside this spring and feel the healing power of nature!

As we transition from winter to spring, use these 6 tips to transition into new habits, routines, and activities. Get ready to jump - or spring - into something new!

### Cut Down on the Screen Time - Get Outdoors

Winter was all about staying indoors, getting cozy, and enjoying a movie. With warmer weather and longer days, now is the time to get outdoors. Try reducing your screen time by 30 minutes and replace it with 30 minutes - or more - of exercise or outside activities. Go for a walk, find a local trail to hike, take a bike ride around the neighborhood, explore the closest park, or even just sit on the porch and watch the world go by. Any time getting out and taking in the fresh air is time well spent.

### Ditch the Takeout - Try Seasonal Fruits & Vegetables

With the flowers and plants in bloom, seasonal fruits and vegetables are bountiful. From asparagus and greens to kiwi and grapefruit, healthy and tasty produce is coming into season. Now is the time to get adventurous and try a fruit or vegetable you've never had before - there's plenty to choose from! Make it fun and have a tasting party. Get your family or friends together to taste test a whole spread of seasonal produce - then add your favorites to your grocery list! Try adding one fruit or vegetable serving to every meal.

### Support While You Shop - Go to a Farmers Market

Now that you've got a list of your new favorite seasonal fruits and vegetables, time to ditch the usual grocery store and try shopping outdoors. This spring, visit your local farmers market. Farmers markets are an important part of the community, bringing neighbors together and making healthy food more accessible. You can find fresh produce, flowers and plants, baked goods, and local products like honey or jam. Enjoy the sun and spring air while shopping and helping support small businesses.

### Out with the Old - Get Your House Organized

Say hello to spring by saying goodbye to clutter in your house. Gather all your clothes together and sort by what you want to keep and what you can donate. Store your winter clothes and organize and put away your spring clothes. Get rid of things you never use anymore. Games, toys, electronics, and even furniture can all typically be donated. Now that you have less clutter, clean your living spaces. Pull out the equipment and tools you use in the spring - like grills, patio furniture, lawnmowers - and put away

winter items - like shovels, snowblowers, and sleds. Get shelving, storage containers, coat hooks, and other items that can help you organize your belongings, and establish a cleaning schedule going forward to help you maintain a clean house. Spring cleaning may feel like a lot of work, but when you see your clean, organized house, you'll feel like a new person - or at least like you have a new house!

### Stop and Smell the Roses - Plant a Garden

Early spring is a great time to start planning and planting a garden. Whether you're a seasoned gardener or want to try something new, seeing those flowers bloom and vegetables grow is always exciting. It may seem daunting at first if it's your first time, but gardening can be an incredibly rewarding hobby. Gardening can help reduce stress, give you a boost of vitamin D as you spend time outdoors, improve strength and stamina, and, if you're growing fruits and vegetables, can help you eat healthier - you can't get any closer to your kitchen table than your own backyard! Potatoes, onions, beets, peas, pansies, hydrangeas, and gladiolus are all great options to plant in spring. Get outside and get growing!

### Escape the House - Travel Somewhere New

Spring break doesn't have to end after college. Refresh your body and mind by taking a trip, whether it's somewhere nearby or another country. It can be a great way to shake off the winter doldrums and enjoy the new warm weather. Traveling in spring can also mean smaller crowds and cheaper flights and reservations than in the summer. Going somewhere you've never been before means trying new foods, seeing new sights, and, depending on how far away you travel, learning about a new culture and language. There's no better way to welcome the season of new beginnings than with some new surroundings.

Spring is the time of rejuvenation. Why not take this time to rejuvenate your lifestyle as well? Adopting new habits, trying new activities or routines, and making healthier choices are all great ways to welcome in the season - and to carry through the rest of the year!

## **Tips for staying mentally well!**

### *Understanding Your Emotional Well-Being*

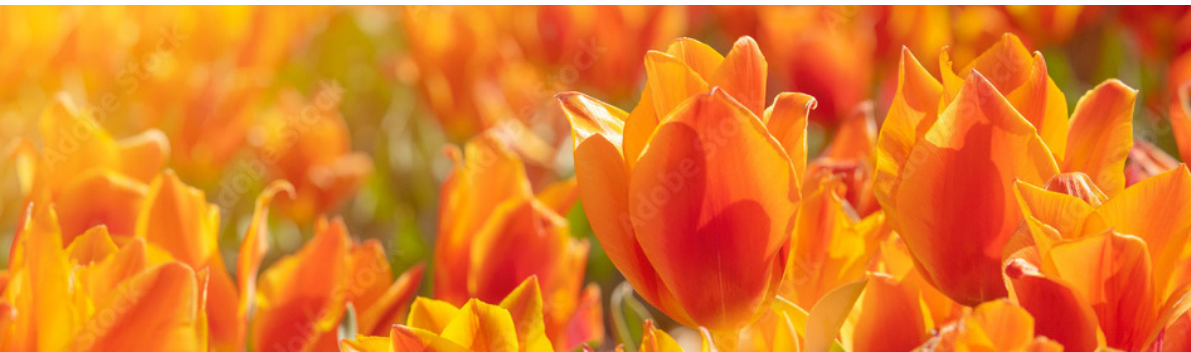
We often hear that it is vital to care for both our physical health and our mental health. The easiest way to start is by understanding that both of these are connected. If you're neglecting a balanced diet and exercise, for example, you may find that your mental health is also taking a toll. Poor physical health can lead to an increased risk of developing mental health issues. Likewise, if you're under strenuous amounts of pressure and not practicing self-care, you may find that you're feeling fatigued and even physically ill.

According to the National Alliance on Mental Illness, "1 in 5 U.S. adults experience mental illness." This means that the majority of adults are either directly or indirectly impacted by mental health issues.

### **Boost your mental wellness by forming healthy lifestyle habits:**

- Physical activity is a great way to keep your body healthy and directly correlates with mental wellness. If you're feeling down, you may find that even a short walk outside can help rejuvenate your energy and mood.
- Nutrition is one of the biggest factors that influences the way we feel. Keeping a healthy diet can aid in the development, management, and prevention of numerous mental health conditions.
- Smoking has a negative impact both on mental and physical health. Many with mental health problems believe that smoking relieves symptoms, but these effects are only short-term.

*If you or someone you know needs support or guidance, know you're not alone. Seek help by talking to your doctor, connecting with trusted friends and family, joining a support group, or calling the free NAMI HelpLine at 800-950-6264.*



## **Step By Step: Creating Healthy Habits**

This season is a great opportunity to kickstart new healthy habits! We spend many hours of the day sedentary. From sitting down at your work station to relaxing on the couch, physical exercise can easily fall to the wayside. Let's get up to move more and sit less!

Starting small - whether it be a short daily walk or a quick workout video - will add up throughout the week. According to the American Heart Association, adults should be getting 150 minutes of moderate-intensity aerobic activity per week or 75 minutes of vigorous aerobic activity per week. This goal might sound intimidating but is sustainable if you break down the minutes throughout your week and find the activities that work for you!

What is the benefit of moving more? The AHA tells us that physical activity is linked to better sleep, a sharper memory, and improved balance and cognitive ability. Additionally, as a result of moving more, you will have less risk of weight gain, chronic disease, dementia, and depression. A win-win!



### **The American Heart Association's Tips For Moving More:**

- 10 Minutes of Stretching = walking the length of a football field
- 2.5 Hours of Walking Every Week for a Year = walking across the state of Wyoming!
- 30 Minutes of Singles Tennis = walking a 5k
- 1 Hour of Dancing Per Week for a Year = walking from Chicago to Indianapolis!
- 20 Minutes of Vacuuming = walking 1 mile
- 30 Minutes of Grocery Shopping Every Other Week for a Year = walking a marathon

*Wishing our  
Detroit Tigers*



*a winning season!*

