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GET OUT OF THE (HAUNTED) HOUSE WITH THESE 3 OUTDOOR HALLOWEEN ATTRACTIONS

Halloween is just around the corner. You'll soon have trick-or-treaters approaching your door requesting a healthy share of candy. Before then, you may want to go out and feel the thrills of the season yourself, but maybe you're someone who doesn't enjoy the cramped spaces of haunted houses. You don't have to step indoors to experience a spooky attraction though. There are plenty of outdoor Halloween attractions to check out, and below are three of the most thrilling.

Zombie Paintball

We've all watched a scary movie and thought we could do better than some of the characters in these extreme situations. Now is your chance to prove it. There are zombie paintball courses throughout the country, and they can be a great time for everyone involved. You'll step aboard a bus or trailer outfitted with paintball guns and proceed along a course full of zombies and creatures. Before long, your friends and family will get into the competitive spirit to see who can hit the most targets.



Haunted Corn Maze

Haunted houses are great if you're trying to experience some jump scares. But if you want to get the haunted house experience in an outdoor setting, you should check out a haunted corn maze. You'll hear screams coming from all around to help amp up the fear. It's also a great way to get some exercise!

Haunted Hayride

So, what if you want the best of both worlds? You may want to feel scared without walking through a maze or using a paintball gun. That's where haunted hayrides come in. On a haunted hayride, you'll hop aboard a platform that's being towed by a tractor or truck as they take you through a dark forest and possibly some barns. Performers will be woven throughout to provide scares at the perfect moments. It's a great way to get the classic Halloween experience without having to walk through a house or maze.



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BURGDORF BEAUTY INSIDER

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Your Attitude Determines Your Direction

WAKING UP AND KICKING BUTT EVERY DAY

Wake up. Kick Butt. Repeat.

This motto encompasses my daily mindset. Thinking back to my days of playing football at Notre Dame and my experience playing under coach Lou Holtz, getting out there and kicking butt is the first thing that comes to mind.

On Oct. 10, we celebrate National Kick Butt Day, a day designated to motivate us all to work harder and smarter toward fulfilling our goals. For me, kicking butt starts early in my day. I view every day as a fresh start — waking up resets the score. I've found that starting my day with a win makes all the difference. When I can get up early, think, meditate, pray, and follow it up with a workout, my motivation level is high and I'm ready to continue checking off the boxes to success.

As a walk-on at Notre Dame, I had my work cut out for me. How was I going to motivate myself and where does that come from? I had a huge challenge in front of me, but I was ready — 20 years down the road, I didn't want to look back and think to myself, I could have done it if I'd just tried. After all, I'd always been a self-starter, searching for the next hurdle I could overcome or the next pinnacle to climb.

Coach Holtz was one heck of a motivator. Not only did he have that old-school coaching mentality, but he played on everyone's ego. When we'd practice, we'd leave everything we had in us out there on the field. We practiced so hard that when game time rolled around, it often felt easier than our practice. "This game doesn't have to be close," he'd tell us. "You guys should win, and you should win handily."

"I'VE FOUND THAT STARTING MY DAY WITH
A WIN MAKES ALL THE DIFFERENCE."



With this motivation, we'd walk out onto the field feeling tougher than we were and ready to kick butt — and we did!

Along the lines of getting out there and kicking butt, my oldest son, as I've previously mentioned, has been working hard at bodybuilding and has taken up an interest in competing. All on his own, he's worked out, practiced posing, meal prepped, and worked on his mindset. He spends hours in the gym, watches and is very intentional about what he fuels his body with, and is succeeding and growing. He's truly giving himself his very own "Kick Butt Day" and I think this is a lesson that we can all take and build upon.

If we start the day with a small kick in the butt, we're prone to better set ourselves up for success. After all, taking action is one of our core values in the office: Get stuff done!

-Dr. Mike

GET IT DONE!

The Top 5 Online Workouts Today

While we adjusted to spending more time at home, 2020 and 2021 were the years of online workouts, and they are only becoming more popular. The ease of burning calories and building strength right from the comfort of your own home is enticing and practical! Online workouts save time and money, offer privacy, and are flexible. In fact, getting in a quick 20-minute workout has never been easier!

Here are some of the best tried and proven online workout programs to check out.

Crunch Fitness Live

Crunch Fitness has many physical locations nationwide, but they also have a fabulous online workout program that offers tons of variety, new movements, and on-the-fly workouts tailored to your individual fitness level and needs. Over 85 workouts are available 24/7, and you can even customize your workout and playlist!

E.F.F.E.C.T. Fitness on Demand

This boot camp-style workout program is available for free on Instagram live or on-demand. Those who have tried it are raving about the energy of the classes, the virtual community presence, and the variety of movements offered. It will build your stamina, strengthen your body, and have you sweating in minutes!

Daily Burn

This workout program features both group workouts and one-on-one training. With thousands of choices, you can mix it up freely. One day, you can engage in weightlifting, and the next day, you can be bending and twisting with yoga. From cardio to Pilates, Daily Burn has it all!

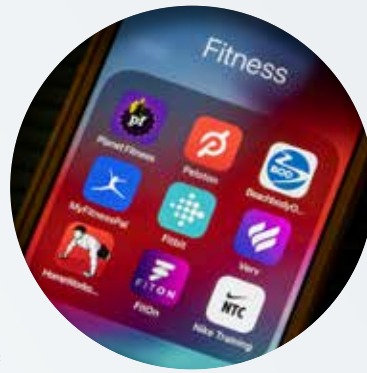
Nike Training Club

From the comfort of your home, you can take part in a wide variety of workouts with trainers available to meet you where you're at and help you achieve your fitness goals. Whether mobility, strength, or weight loss is your goal, Nike Training Club has multiple options available for you. Best of all, it's free!

Peloton App

By now, you've surely heard of Peloton, the revolutionary stationary bike. But it's much more than a bike! The app offers both on-bike training and fun rides and tons of off-bike workouts to keep things mixed up!

For those times when a quick at-home workout is just what you need, or the gym is just not your cup of tea, these online classes and programs are your perfect go-to!



IN THE SPOTLIGHT: Sarah, Our Medical Assistant



Many of you have likely already met our medical assistant, Sarah. Even though she's only in the office part-time, she's a breath of fresh air for our entire team and clients. We are proud to announce that she just began her senior year at Belmont University as a neuroscience major and she will be applying to medical school shortly.

As Dr. Burgdorf's assistant, she is very involved in each patient's individual experience. "My favorite aspect of the job is the fact that I have the opportunity to be the first one that our patients see in the room on their first appointment," Sarah tells us. "When the patients are a bit nervous in the beginning, I'm there to walk them through the process and calm their nerves. Post-surgery, I'm there every step

of the way for the full year post-op. This allows me to build great connections with each and every patient."

A Kalamazoo, Michigan, native, Sarah enjoys Nashville and the hype of the city. While the majority of her time is spent here at Music City Plastic Surgery or at Belmont University, studying and working on her senior thesis, she makes time for a very important cause.

Sarah coaches seniors for Girls on the Run, a nonprofit organization that focuses on girl empowerment and building confidence while making positive changes. Sarah's team is currently preparing for a 5K race in December and she's thrilled to be a part of such a great cause!

Sarah, sometimes we aren't sure how you juggle it all, but we are so appreciative of your skill, dedication, and positive attitude! Both our patients and team members are so grateful for you!

You Can Have Your Candy ... Now and Then LET'S TALK TUMMY TUCKS

With Halloween coming up, we're here to tell you that it's okay to enjoy a piece or two of your favorite candy — after all, it wouldn't be Halloween if you didn't! Your fat loss, weight maintenance, or post-op recovery goals won't be ruined if you do! Let us explain!

One of the most common procedures to quickly remove excess fat around the abdomen area is a tummy tuck. A tummy tuck mainly combats excess skin or fat and stretched-out tissue around the stomach. For many, tummy tucks are an extremely effective option for removing that "spare tire" appearance, but there are limitations to how much fat can be removed.

Within our bodies, there are two types of fat: subcutaneous and visceral.

Subcutaneous fat is located between the skin and the outer abdominal wall while visceral fat is found in between the organs. Visceral fat is considered to be the "bad fat" that results from overindulging over a long period of time; it can't be removed with a tummy tuck — the only surefire way to reverse visceral fat is with diet and exercise.

However, with a tummy tuck, the subcutaneous fat can either be pulled down or removed. The process is fairly simple. An incision is made around the C-section line or below it in the suprapubic area of the abdomen. During the procedure, the belly button stays in place and everything else around it is lifted up and, starting up near the breasts, all subcutaneous fat and loose skin is pulled down, similar to pulling down a window shade. Once everything reaches

the bottom, tissue and fat are removed and the patient is stitched back up with a much flatter and attractively contoured abdomen.

Many times, tummy tucks are done in conjunction with liposuction for the sides and love handles to avoid what we call a "SpongeBob SquarePants" appearance with a flat stomach and boxy sides. The recovery time is relatively short — within about 1-2 weeks — and patients can expect to return to normal activity, avoiding any abdomen-targeted exercises for about three months.

For more information about tummy tucks, liposuction, or any other procedures, give us a call today! We are always ready to help you decide which procedures are right for you!

TODAY'S SIP 7 Deadly Zins



In the spirit of Halloween, 7 Deadly Zins is a less expensive yet tasteful option for cool October and November evenings. With quick-moving legs, this ruby-red wine has round tannins and is silky and creamy going down.

This zinfandel is full-bodied with savory scents and deep tastes of cinnamon, vanilla, ripe plum, bramble, and mocha. It has notes of oak, leather, and spice and pairs wonderfully with beef, poultry, and lamb. For the holiday season, it's great as a gift or to crack open for dinner at home!

INSPIRATION

***"There is always light.
If only we're brave
enough to see it. If
only we're brave
enough to be it."***

—Amanda Gorman