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SPREAD THE LOVE THIS VALENTINE'S DAY! MAKE THE MOST OF THE HOLIDAY

Valentine's Day is all about showing your dear ones extra love. But you don't always have to focus on those close to you. Love can be shared with everyone — friends, coworkers, or the community! Here are some ways you and your family can spread the love this holiday.

Make a homemade meal or some goodies.

They always say a way to a person's heart is through their stomach! Everyone loves a warm, homemade meal, and it can be fun to get the entire family involved. Gather the ingredients of your favorite dish and make something tasty for your local fire or police department. These people work daily to keep us safe, and a simple gesture like this may bring a smile to their faces and remind them they are appreciated.



Also, kids love helping out in the kitchen, so consider baking homemade cookies — or getting the store-bought kind; we don't judge! Let the kids decorate them with festive Valentine's designs to bring to school for their classmates and teachers!

Get crafty.

Nothing is more special than a one-of-a-kind card. Grab some construction paper, markers, glitter, stickers — the works — and have the kids make Valentine's Day cards! You can work with various organizations to send letters to U.S. troops serving overseas, veteran hospitals, or nursing facilities that would enjoy receiving a handmade card.

Fill them with positive words, smiley faces, hearts, and lots of love! You could even send

their cards in a Valentine's Day-themed care package. But be sure to follow the rules of the organizations you work with.

Volunteer or donate.

Do you have any gently used clothing, shoes, blankets, or extra personal hygiene items? Make your way to the local Goodwill, church, or shelter that accepts donations. You could call around to see if any shelters or organizations need helping hands! This is also a great way to spread the love your kids can participate in. Check to see if they need help serving food or if you can prepare or drop off warm meals to those who need them most.

You can find many ways to express love and kindness to those you love or complete strangers. No matter how you spend this day, remember to spread the love to everyone!



FEBRUARY 2023

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They Put Their Heart Into the Practice

HAPPY VALENTINE'S DAY TO OUR MUSIC CITY TEAM

Each year when Feb. 14 rolls around and cards, flowers, hugs, and small gifts are exchanged, my thoughts always turn to my valentines: those I love most. Of course, I'm eternally grateful for my wife and my children, and with each passing moment, my love for them grows stronger.

This Valentine's Day, I'd like to highlight the superb team we have here at Music City Plastic Surgery. They say teamwork makes the dream work, and the way I look at it, they really drive the entire ship. My team allows me to fulfill my passion every day. In 2022, we welcomed some new faces to the practice staff, many of whom you all have likely met, and I'm thrilled at how well everyone works together and the quality we can deliver to our valued patients.



Michelle (Mother Hen) Practice Manager

Michelle is a godsend. She has allowed me to offload so much responsibility and is looked upon as the mother hen (or goose) of the practice. Not only does she oversee all of our systems and practices to ensure everything is running smoothly and efficiently, but she

tends to everyone and knows how and when to take control. As she is from Australia, we always have a lot of fun with her accent and native words and phrases. She is a breath of fresh air and a bright light in the practice.

Bailey Patient Coordinator

Bailey has been with Music City Plastic Surgery for quite some time, and we showcase her proudly. With a fun and spunky personality, she is the first point of contact for our patients. Bailey sits in on all patient consultations and directs our surgery schedule, ensuring that everything runs smoothly for our patients and the team. If you've visited our office, you've likely had the opportunity to meet this ray of sunshine! She is a valuable member of our team.

Morgan Front Receptionist

Every successful practice must have a warm, welcoming, and friendly face running the front desk and that's exactly who Morgan is. She is the soft and bubbly voice that greets you on the phone when you call, and the one who spreads an upbeat vibe each time you visit the office. Morgan never fails to help our patients feel comfortable and right at home.

Hope Physician Assistant/Injector

Many of you may remember us introducing Hope, a Nashville native whom we lassoed after a stint in California. Some of you may have already had the opportunity to meet her, and if you have, you'll agree with me

"MY TEAM ALLOWS
ME TO FULFILL MY
PASSION EVERY DAY."

when I say she has a great connection with every patient! She specializes in Botox, dermal facial fillers, laser treatments, thread lifts, micro-needling, PRP, hydrafacials, and other nonsurgical procedures. Not only does she deliver excellence, but she also does it with humor and grace!

Sarah Medical Assistant

Sarah is in her last year of pre-med and certainly has a long career in medicine with her knowledge and ability. For all procedures and post-op appointments, Sarah is my right hand, and I wouldn't have it any other way — her skill and attention to detail are top-notch, and she connects with each patient in an organic and effortless manner. She truly does it all.

To my entire staff and the family and team here at Music City Plastic Surgery, you are appreciated beyond words. Thank you for your dedication and loyalty to our patients — you all are the real MVPs!

Happy Valentine's Day!

—Dr. Mike

MIND OVER MATTER ISN'T ENOUGH!

Use the Mind-Muscle Connection

Many assume working out is the muscle's job, pushing weights around as we enjoy a song or listen to a podcast. While this may be a fun way to pass the time, you're not doing your fitness any favors with your mind elsewhere.

When you work out, you should use a "mind-muscle connection," or purposely think about the movement and contractions of your muscles as you use them. This is better because when your brain consciously focuses on your muscles and their contractions, it employs more muscle fibers to complete the task. You build strength in a more complete, well-rounded way.

If you're not using a mind-muscle connection yet, don't worry! Here's how you can start next time you're ready to sweat.

Turn off distractions.

Remember the music or podcast we mentioned earlier? Turn it off! This also includes silencing your phone or turning off any nearby TVs. It may take some time to get used to working out in silence, but with nowhere else to wander, the brain has an easier time focusing on those muscle movements.

Visualize the muscles you are using.

Every time you move, whether using a stationary bike, taking a walk, or lifting weights in a gym, picture the muscles you're using in your head. Imagine the muscle fibers stretching and contracting with each movement.



Use cues to remind you of your working muscles.

Sometimes, our minds drift off during a workout, and that's normal. But if you find your head in the clouds more often than you're thinking about your exercise, it might be time to use a few cues. A cue simply reminds you of what you're physically doing. One way to incorporate a cue is to talk to yourself with each repetition. For example, if you're performing a bench press, you can say "up" when you push the bar away and "down" when you lower it toward you.

Utilize time under tension.

The slower you perform your exercise, the more opportunity your brain has to talk to those muscles you're using. Try holding each repetition for three seconds before moving on to the next, and as you hold, visualize those muscles for the entire three seconds.

HOPPING ON THE LOVE TRAIN

Showing Yourself Some Extra TLC on Valentine's Day



It's the month of love, and with that, it's time to show your body some TLC! In the hustle and bustle of our daily lives as mothers, fathers, spouses, active members of the community, and working-class citizens, it's easy to put your own needs and well-being on the back burner. However, it's essential to take care of yourself, too.

Slipping on self-care is something that I am guilty of as well, so in 2023, I'm resolved to be more mindful of showing my body some love and compassion. We've always heard you can't help others until you've learned to help yourself, but on a softer note, I look at it as if I am taking care of myself, I can better care for others, both in and out of the office (and this includes my family, too!).

This year, I plan to carve out time for some extra rest and meditation and to get back on a skin care routine. I'd like

to get a massage more often, wear more sunscreen, and be stricter with a workout plan. Both physically and mentally, I'm ready to thrive.

Here in the office, we are prepared to help you unleash your best self as well! Our new Vaser ultrasonic liposuction machine targets unwanted pockets of fat, which can help you reward yourself and eliminate pesky areas of extra fluff. We also offer a variety of nonsurgical options, including skin care products, laser treatments (to smooth and even out skin tone), thread lifts (a less invasive facelift), Botox, fillers, and more.

To show yourself some love this Valentine's Day, call us today to get on the books for a consultation. We are ready to help you reveal your best self yet!

—Dr. Mike

If at First You Don't Succeed ...

THE VALUE IN ALWAYS GETTING BACK UP

We all fall down in life — whether you trip and fall while bringing in groceries, skin your knee while riding a bike, fall right on your butt on the ice and snow, or stumble and fall face first in your career, it's



important to always pick yourself back up. As Michael Jordan once said, "It doesn't matter if you fall down; it's whether you get back up."

In high school, we had a Latin motto that translated to "broke down and built back stronger." As I played on the football team, our coach would always motivate us by teaching how to answer to defeat. If the other team scored a touchdown, it wasn't about accepting our fate. Instead, it was time to answer and come back stronger.

On Feb. 1, we celebrate National Get Up Day, a day to shine a light on the importance of always getting back up after you get knocked down in life. I'm a firm believer in taking action and moving forward to avoid becoming stuck in defeat

and muck. Sure, it's important to reflect on the lessons that lead us to stumble, but it's more important to move past it. I believe that God only gives us what we need, when we need it. Recently, I've been bellyaching about delays in the building of our surgical center, but when I take a step back, I realize it's happening exactly as it should happen, and I need to trust the process.

In my football career, I faced a scary injury and was told I'd never play again. As tempting as it was to pack up my equipment and leave my passion for the game out on the field for the very last time, I underwent rehabilitation and was able to come back stronger, allowing me to have so many more great experiences. I wasn't ready to accept a limitation — I needed to get back up!

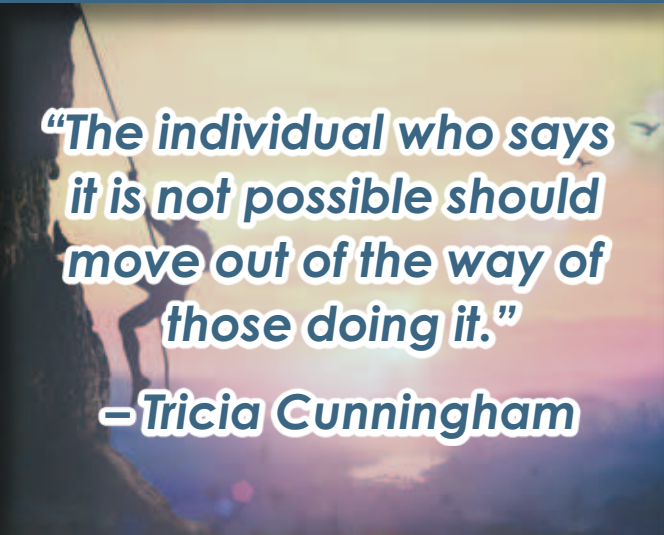
TODAY'S SIP Progeny Cabernet Sauvignon



Nestled on top of a gorgeous hill overlooking the vineyards, Progeny Wine in Napa Valley was on our list to visit when my wife and I toured Napa Valley last April. Progeny's cabernet sauvignon is dark (almost black in appearance) and rich with notes of plum, blackberries, black cherries, cocoa, and chocolate.

This cabernet sauvignon is a match made in heaven with lamb, chicken, beef, and game dishes or even just a cheese board. This Valentine's Day, we will be cracking open a bottle to celebrate our love — it's a bit pricey but well worth it. It does not disappoint!

INSPIRATION



"The individual who says it is not possible should move out of the way of those doing it."

—Tricia Cunningham