



On the  
Bright  
Side



Father's  
Day is  
June  
21st



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June 2009

FREE  
EXAM & X-RAYS  
FOR ANYONE  
YOU REFER

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## Father's Day



Thanks to Hallmark and 1 800 Flowers, we make such a fuss over Mother's Day that Father's Day can sort of get overlooked or downplayed. Many children worry about a gift, wondering what they could possibly buy for Dad that he can't get for himself. Remember, the absolute best Father's Day gift is spending time with Dad.

**Get Active** – Summer is approaching, the weather is warming up, so get outside and do something, TOGETHER. Take a hike, ride bikes, rollerblade or go canoeing. If your family has equipment and a great location with access to parks/river/hiking, this can be fun and FREE. If not, many communities rent equipment, or you can sign up for a tour that includes equipment. Do an online search for activities in your community.

**Do Something Interactive** – Pick an activity where you can investigate the world around you and talk about it. Go

to the zoo, visit the aquarium, take an architectural tour, check out the space museum or take a nature walk. Discuss what your favorite animal or exhibit was and why. Having a real conversation with Dad afterward is the best part of the experience.

**Family Car Wash** – Yes, technically, washing the car is a chore. But this chore is outside and involves water. So if the weather permits, bring out the water balloons and super soakers! This is a chance to run around, laugh and enjoy each other's company on a beautiful day.

**Learn a Skill from Dad** - All fathers love to share their skills with their kids. Tell Dad you want to learn a specific thing that he enjoys and does especially well. It could be anything from learning cycling or learning to drive a car or replace a flat tire. Dads always love to feel needed and children can benefit from his valuable life experience.

(Continued on page 2) ▶

# You Have to Exercise

Nobody likes it, but it's simple math; to lose weight, you have to burn more than you take in. To maintain weight loss, you must burn all that you take in. Exercise is the only way to offset any damage you do when you splurge calorically. So, we suggest 2 things:

## 2: Get Addicted to Exercise!

Choose a cardio activity or a few that you will participate in most days of the week. Also choose a weight or strength training routine to do once or twice a week. Throw yourself into your workouts using sheer determination to make a change and get you started. While exercising take notice of how the first 10 minutes may be the hardest then something happens and it seems to get easier. Work up to at least a 45 minute cardio session each time to get the full effect of the adrenalin. Take notice of how great you feel during your workout and remind yourself of it whenever you can. You will also feel great after your workout so remind yourself of that feeling whenever you hesitate to head to the gym. Track your results weight loss, clothing size changes etc and revel in your successes. Finally, allow exercise to become your new healthy addiction.

## 1: Work Out More Days Than Not

Take look at your typical daily schedule and see where you can fit in some exercise. Figure out how many days each week you can commit to exercise, then set up a weekly exercise plan and post it on your refrigerator or in some other highly visible place. Determine what cardio and resistance exercises are best for you and set up a no fail plan of exercise that fits around your life. Resolve to make exercising more days than not just a fact of your new life. Stick to your plan and don't let excuses start to interfere with your exercise plans



(Father's Day continued...)

**Cook with Dad** - Check out dad's culinary skills. He might not want to show it off because he'd have to cook more, but he might have a lesson or two to teach you. Planning, shopping for and preparing a meal together will be more fun filled than having an all you can eat brunch in an expensive restaurant.



**Plan a Photo Shoot with Dad** - Capture the day on camera or video. Organize a trip to a studio for a professional photo shoot, or better yet, set up a do-it-yourself home shoot. Coordinate your clothes and set up a backdrop. It doesn't have to be fancy or complicated. Everybody in khaki pants and a solid golf



shirt or jeans and black t-shirts work great. Get the whole family out on the front steps. Set the camera on a timer and jump in, then SNAP! If you're feeling ambitious, create a homemade DVD. Talk about why your Dad rocks. Share a story about a favorite time when you were little.

**Dad Movies** - After spending the day together doing fun outdoorsy things, take some down time and watch a movie together. Add one of these Father's Day films listed below to Dad's gifts:



- Big Fish (2004, Ewan McGregor)
- My Girl (1991, Dan Akroyd)
- Dad (1989, Ted Danson)
- Big Daddy (1999, Adam Sandler)
- Three Men and a Baby (1987, Tom Selleck)

- Father of the Bride (1991, Steve Martin)
- Father's Day (1997, Robin Williams)
- Daddy Day Care (2003, Eddie Murphy)

**Presentation** - How do you give the gift of an activity exactly? These and any other activities can be written into a card presented by the children to their Father. Tickets can be tucked into a card, or home made "coupons" can be made - "This coupon good for one family carwash". Moms may have to assist in the case of young children. Dads, if you are an only parent, or worried about getting another tie this year, YOU can initiate these activities with a Father's Day Declaration, "Today, I'd like all of us to go biking in the park!"

Whatever you decide on doing for Father's Day, make sure it is centered around dad with activities the whole family (especially the children) will love. As you can see, there are many ways to make this day a special, fun-filled family holiday everyone can participate in so enjoy, and see you next month.

## Welcome New Patients!

Sean B.	Joan J.	Ruth N.
Khiry B.	Margaret K.	Brian R.
Reilly C.	Alice L.	Roberta R.
Ebony C.	Bernice L.	Jamaal T
Nina D.	James L.	Tommica T.
Kevin D.	Patrick L.	Diane U.
Linda D.	Diana M.	Jean V.
Mariana G.	Fran. M	Lori W.
	Paul N.	

**All Of Us At  
Advanced Dentistry  
Would Like To  
Wish All Of The  
Fathers A  
Very Happy  
Father's Day!**

## Thank You For Your Referrals!

Mayen R.	Carolyn M.
Diane U.	Staci R.
Jennifer G.	Kristin K.
Cynthia G.	



*As I write this, Dr. Reilly is off to San Francisco. He is teaching a four day course for the California Center of Advanced Studies (CCADS). Dentists are coming from all over the country with their staff and patients. The course is in advanced level cosmetics and involves two days of lecture and two days of live patient treatment.*

*Dr. Reilly is CCAD's mentor for the east coast and has recently been appointed Clinical Director for the Palm Beach facility. I see Dr. Reilly work his magic every day, but it continues to impress me that dentists come all over the country to learn from him.*

*~Meredith~*



# Smile Secret

## Urgent Care

Although the primary focus of our practice is not based on urgent or emergency care, we do want to assure you know that our office is available if you ever have a dental emergency or accident and need to seek immediate dental assistance.



It is the policy of our office to respond to all emergencies immediately. As an extra effort to ensure we are always available for our patients, our office maintains a 24-hour paging system and is ready and willing to help with any urgent dental problems. If you are ever in a situation that you or someone you know is in need of emergency dental care, please do not hesitate to contact our office at (732) 356-9120. You may reach a greeting that directs you on the proper procedure to alert us of your emergency. We are here to help!

PUT YOUR THINKING CAPS BACK ON!! WE HAVE A NEW BRAIN-TEASER TO TEST YOUR TRIVIA KNOWLEDGE

# TRIVIA

## The First US Zoological Park

The first zoological park in the United States opened its doors in 1868. What was it named and in which city did it open?

*Last months trivia (question & answer):*

*Question:* There was a man one night. He started to run straight forward. Then he turned left. Soon after, he turned left again. Then he started running toward home. When he got there, two masked men were waiting for him. Who were they? **The two masked men were the catcher and the umpire**

Congratulations to **Judy B. of Greenbrook. She was the winner** of last month's trivia question.

Please continue to try so we can send you a **\$25 American Express** gift card. You must be the 1st person to answer it correctly. Your answers can be submitted by phone (732-356-9120), fax (732-356-0870), or email (reillydmd@aol.com). GOOD LUCK!



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