



On the
Bright
Side



**New Patient
Special
Offer**

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Turn TV Time into Work Out Time

Now that we are finally post-holiday, do you find yourself experiencing a Holiday Hangover? You know, that terrible feeling you get when all the chaos finally comes to an end.

All the parties, food and socializing take their toll on our bodies and our psyches.

Most Americans gain weight between Thanksgiving and New Year's Eve. More than half will put on two pounds and 10% will

put on five pounds. Add to this phenomenon the fact that the weather is colder and the days are shorter. These are not optimal, motivational conditions for working out.

There is a way to ease back into a routine without forcing yourself out of bed at 5 a.m. and schlepping to the gym with all the extra gear that winter weather demands.



**Get Your Workout
While You
Watch TV!**

After a hard day at work most of us want to relax and watch television. Get a double bonus and break the habit of eating while watching

your favorite show AND burn calories while watching your favorite program.

Do Some Cardio – Maybe you already own a cardio machine. If it’s hiding in some dusty corner disguised as a clothes hanger then this is a great time to pull it out and get it (and yourself) back into working condition. Set up in the room you usually watch your programs. Most prime-time shows are a half hour to an hour long. (less when you DVR it and skip the commercials) ‘Official’ guidelines say to workout for 30-60 minutes most days of the week. If you’re a beginner, start with 10-20 minutes and add more time to each workout until you’re up to 30 minutes.

Lift hand weights while you watch - Hand weights are great because they can be used in a seated position while watching TV. You can use hand weights to work your all of your upper body - biceps, triceps, chest, back and shoulders. Perform exercises such as the shoulder press, biceps curl, and overhead triceps extension. Using light weights allows one to perform more sets and is less strenuous. (For instruction and visual aids on how to perform exercises visit (www.sport-fitness-advisor.com/dumbbellexercise.com))

You Don’t Need Any Equipment...

To Stretch - Basic stretches and even some yoga positions can be practiced while watching television. Yoga postures such as the Dhanurasana (Bow Pose) and the Baddha Konasana (Bound Angle Pose) allow you to watch while you work out. Instead of flowing from one yoga move to the next, take time to really enjoy each one. Unwind your muscles and your mind at the same time. (For instruction and visual aids on how to

perform exercises visit www.yogajournal.com.)

To Perform Bodyweight Exercises – Bodyweight Exercises are exercises that require no extraneous equipment and as the name suggests, require only YOUR body weight. Push-ups, planks, wall sits, squats, lunges, triceps chair dips are a few ideas of bodyweight exercises that you can do any time with no equipment.

Perform each bodyweight exercise for 30 seconds to two minutes depending upon your conditioning. Move to the next exercise smoothly, but quickly. You can continue the routine as long as you like (a twenty minute workout or an hour or more). Cool down with five or more minutes of stretching.

Take it up a Notch with Interval Training

Enjoy your cardio, yoga or bodyweight routine throughout your show. During the commercials, boost metabolism by adding high intensity intervals or “cardio bursts” such as jump roping or jumping jacks. When the commercial is over, go back to the lower intensity workout of your choice.



The shorter days of winter make our already jammed schedules a real challenge. Don’t use this as an excuse to skip your workouts! Multi-task! Get your much needed downtime in front of the TV AND get your exercise at the same time.

Good luck and live healthy.

Welcome New Patients!

Diana M.
Amanda M.
Braden N.
Megan N.
Debra O.
Lavanya P.
Gabriela P.
Marco P.
Brian P.
Anne P.
Christine R.
Maryann R.
Austin T.
Martina B.
Renee B.
Daniel B.

Charles D.
Bridget F.
Deanna K.
Donna K.
Amy L.
Karen W.
Brandon T.
Karley T.
Lidia B.
Ed B.
Jahaira C.
Tara E.
Christopher F.
Francine K.
Claudia L.
Rose V.

Thank You For Referring

Joanne P.
Claudia P.
Anthony R.
David S.
Elizabeth B.
Jennifer G.
Beth D.
Kevin N.
Michele V.

Gina C.
Eleanor C.
Jocelyn M.
Maria T.
Jessica T.
George S.
Leila D.
Christopher L.

*Please Continue to Refer Your
Friends, Family, and Co-Workers!*

Office News**This Won't Hurt a Bit!**

How many times have you heard that? Well now, you can actually read all about it in Dr. Reilly's most recent book "This Won't Hurt a bit!". Watch for us on Facebook where we will be announcing a book signing event early in the New Year!

THIS book will create smart dental consumers, giving you the best information on one of the most important health investments you can make. It's about one of the most visible parts of who you are....your SMILE!

Dr. Reilly and Dr. Martin have combined their expertise to help you make the best choices you can make on how you look and how others perceive you.

Fun Facts

New Year's Eve

- Kissing your significant other is a favorite New Year's Eve tradition meant to guarantee a good relationship and affections throughout the next year.
- The tradition of a ball drop to signal the passage of time began at England's Royal Observatory at Greenwich in 1833.
- Dick Clark has not appeared on Dick Clark's Rockin New Year's Eve special since 2003.
- Eating for good luck is a popular tradition in cultures around the world. Try 12 grapes at midnight (Spain), donuts (Holland) or black-eyed peas (American South).
- People make more resolutions to start a new habit (84%) , than to break an old one (16%).
- The ball was not lowered in 1942 and 1943 due to wartime restrictions.

No More Fear!

With the addition of Dr. Dorfman (Periodontist, Surgeon, and Anesthesiologist) to our team, we are amazed at the many patients who are no longer putting off treatment due to dental phobias.

We have found that some of our patients who needed simple dentistry, but were too fearful to make that appointment, are also benefiting from **IV or Oral Sedation**.

If you have anxiety, fear, or a phobia of the dentist, contact our office (732-356-9120) to set up a complimentary consultation to learn more about IV or Oral Sedation. Dr. Dorfman is happy to answer any questions you may have!

New Patient Promotional Offer **Inquire Today!**

Please ask us about our In-House program designed for our patients who do not have any dental coverage and would like to save on their dental bill.

We reserve the practice costs that are associated with submitting insurance claims and pass those savings on to you.

We have a plan for everyone except putting off your appointment!

Call Advanced Dentistry Today
(732) 356-9120!