



# MICHIGAN SPORTS & SPINE CENTER



Monthly Newsletter  
January 2012

The clock strikes 12 and we are in to a new year, 2012! I hope you had a safe, happy and healthy holiday season with your family and friends and are now looking forward to a positive year ahead. A new year brings exciting opportunities for everyone. New beginnings to take control of your health and motivate your loved ones to all reach our fullest in both health and fitness.

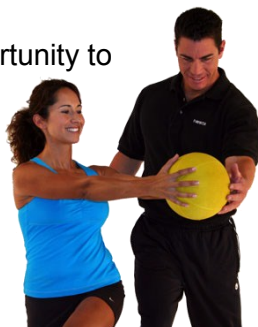
Happy New Year to you and yours, Dr. Jeff S. Pierce

*“How far that little candle throws his beams! So shines a good deed in a weary world.” Shakespeare*

## The Top 10 Health & Fitness Trends for 2012

The top 10 Health and Fitness trends predicted by American College of Sports Medicine (ACSM) for 2012 are:

- 1. Educated and experienced fitness professionals.** According to ACSM, it's important consumers choose professionals CERTIFIED for Fitness.
- 2. Strength training.** Incorporating strength training is an essential part of a complete physical activity program for all physical activity levels and genders.
- 3. Fitness programs for older adults.** As the baby boomers approach retirement, they are eager to stay healthy and active. More classes are being designed to meet their needs.
- 4. Exercise and weight loss.** ACSM suggest that consumers focus on weight-loss programs; incorporate regular exercise and caloric restriction for better weight control.
- 5. Exercise and children.** With childhood obesity growing at an alarming rate, ACSM recommends that adolescents incorporate more physical training programs in their daily routines.
- 6. Personal training.** Having the opportunity to focus on ones individual needs is sending consumers to train in a 1:1 setting with a personal trainer.



- 7. Core training.** Distinct from strength training, core training specifically emphasizes conditioning of the middle-body muscles, including the pelvis, lower back, hips and abdomen – all of which provide needed support for the spine.
- 8. Group personal training.** In challenging economic times, many consumers are moving to group training options. There are also many training benefits with friends, teammates, colleagues or siblings; rivalry and competition often help you push!
- 9. Zumba and other dance workouts.**
- 9. Functional fitness.** This trend is toward using strength training to improve balance and ease of daily living.



### Center of Excellence



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MSSC with Two locations to serve you.....  
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18312 Middlebelt Road, Livonia MI 248.426.9944



## 'Tis the Season for Resolutions!

'Tis the season for resolutions, whether it's to drop pounds, stop smoking, work less, empty out that closet. The majority of people include health as a priority and that's a good thing!

However, as good as we believe that is, setting specific goals isn't the way to go, experts say. For a better chance at succeeding, we need to change our habits and redefine our patterns of behavior, especially those that we repeat.

1. Be specific; "I'm going to work out on Tuesday's and Thursdays" is better than "I'm going to lose 20 lbs." because it's too abstract to carry out.
2. Know thyself - If you're aware you eat too much after stressful conversations, or crave cigarettes at certain points of the day, and then you've got a head start at turning those habits around.
3. Write things down – Create a Habit Diary recording thoughts and feelings of what you do.
4. Start small – Don't promise you'll stop eating all bad food or will work out every day. Be reasonable
5. Don't replace something with nothing – Eating different is a better way to go. Eat vegetables vs. fried French fries for a side dish. Find a healthy replacement instead of giving up something/
6. Plan to fail – You will stumble, so accept it and move on to your next goal.
7. Be kind to yourself - if you slip up, don't give in for more. Accept you made a mistake and stop it there.
8. Set Realistic Goals!!



For more information about **Detroit Diehards**, the **3rd Annual Invitational** or Sponsorship visit [www.athletesunlimited.com](http://www.athletesunlimited.com)

## Patient of the Month - Ryszaro Wolski

Michigan Sports and Spine Center is proud to announce Ryszaro Wolski as our January 2012 patient of the month. Ryszaro is a 61 year old retired worker from Magna International Seating.



Dr. Pepler originally referred his wife to Dr. Pierce so when Ryszaro had pain—she immediately thought of Dr. Pierce and his team at Michigan Sports & Spine Center.

He had pain in his right leg. The pain was so bad he couldn't move the leg at all and he thought he was going to die. He was no stranger to pain and had previous medical complications.

Thanks to Dr. Pierce and the entire staff, Ryszaro is back to feeling like himself. After physical therapy with Jill and Jay at the Livonia office, he said he has felt better than he has in years. Ryszaro would recommend Dr. Jeff S. Pierce to anyone who is having pain – whether back, leg or anywhere in the body.

### Upcoming Community Events

#### The 3rd Annual RIM Invitational Wheelchair Basketball Tournament

Presented by Sports Ability Rehabilitation Institute of MI, Athletes Unlimited & Michigan Sports & Spine Center

**When:** January 14th & 15th

**Where:** Beechwood Recreational Center, Southfield, MI

**Time:** 11:00 a.m. to 6:00 p.m.

Free Admission!!

#### Health Awareness Corporate Events

Michigan Sports and Spine Center along with partner **CORE Sports Fitness** would like to come to your business and talk with your personnel about proper fitness, healthy daily habits and a routine for good health. Large groups or small, presentations or a health fair. We can cater to you.

Michigan Sports & Spine Center  
Official Sports Medicine Partner for Michigan  
**Susan G. Komen 3-Day for a CURE**

