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The Beauty Bulletin

DECEMBER 2023/JANUARY 2024



Master the Art of New Year's Resolutions

DR. SUKKAR'S 'SUBFOLDERS' STRATEGY FOR SUCCESS!

If you've been reading my newsletters for some time now, you know that I'm a structured individual. I like lists, I like planning things out, and I like to do any task in a systematic, thought-out way. So, of course, something like setting New Year's resolutions is right up my alley.

When it comes to setting goals for the start of a new year, I have a few procedures I follow. The first is to divide my goals into what I call "subfolders," but you can think of these as goal categories. In my case, my "subfolders" all start with the letter "F." They are family, friends, faith, fitness, finance, and fun. Now, if you'd like to adopt this method, you can choose any common letter you want so long as you can come up with names for them that match parts of your life that you'd like to improve.

Then, once you have your subfolders established, you can go about making a goal for each category. I like to follow the SMART goal-setting strategy, meaning that any goal I set must be specific, measurable, achievable, relevant, and time-bound. Let's use the category of "fitness" as an example. In this category, it wouldn't be enough to simply set a goal of "I want to lose weight this year." Goals like this are so vague and have such a large window of completion that you're more likely to put it off. Instead, a SMART fitness goal would be "I want to lose 10 pounds by the end of the quarter so I can keep up with my toddler." A goal like this has a due date and a specific goal you can identify when you reach it.

Once you have your subfolders and goals in mind, write them down! A saying I live by is, "What gets written down gets done," and I think there are multiple reasons for this. The first is the action of writing something down, which crystallizes it in our brains, and the second is that by writing

it down, we have something to remind us of our goals. In my case, I write my goals down in the Notes app on my phone. But if you're someone who hasn't set resolutions before or finds you usually don't accomplish them by the year's end, I'd recommend literally writing them down on a piece of paper and hanging it in a place where you'll see it. This will remind you to take some sort of action — no matter how small — toward your goals every single day.

The final step of my procedure is to look at each goal I've set and reverse-engineer what I need to do in the following days, weeks, or months to accomplish them. Let's go back to that "lose 10 pounds by the end of the quarter" example. If that were my goal, I would divide it into 3–4 main steps and even further into "modules" before finally filling those modules with tasks. So for that goal, a quarter is three months, so my three big steps would be losing roughly 3.4 pounds a month. Then, for my modules, I would look at how many pounds I'd need to lose each week, and I'd then task out exercise and diet activities for each day. So, to lose 0.85 pounds

a week, I might give myself the tasks of working out for an hour each day five days a week, meal prepping every Sunday, cutting out sugary drinks, or whatever other things I think would get me to my goals.

You can apply these same procedures to any goal you set, adjusting them, of course, to your specific style. And while these methods help me accomplish my goals each year, I will say what's almost more important than any trick or strategy is simply showing up for yourself and taking your goals just one day at a time. Remember, "A journey of a thousand miles begins with a single step!"



—Dr. Sam Sukkar



Imagine you're running through a basic exercise routine. You feel good, so you push yourself harder than usual — and your muscles suddenly start shaking! Every athlete has experienced that moment of panic when tremors hit. But have you ever wondered *why* your muscles shake? The answer is more complicated than you might think.

Shaking muscles can mean at least three things: You're underprepared for your workout, pushing yourself too hard, or breaking new ground and building muscle! To figure out which option explains your scenario, ask yourself these questions:

The Surprising Science Behind Your Shaky Muscles

1. Did I drink plenty of water today and get at least seven hours of sleep last night? If not, your muscles could be shaky because of dehydration or fatigue.

2. Am I doing a new exercise? If you've never done a jump squat or bench pressed 200 pounds, you'll probably feel shaky the first time you try a full set. That's because your body is adjusting to the new motions at a cellular level.

Simply put, when you start a workout, your muscle fibers tell your muscle cells whether to contract or relax — and those fibers can get tired of doing their job. When one fiber becomes fatigued, your body adjusts to rely on another. Trying something new (essentially, asking your fibers to give new directions) can confuse your body and delay the tradeoff, making your muscles shake.

3. Am I pushing myself harder than I ever have before? When you amp up the intensity of your workout, your body will often do more muscle fiber "tradeoffs" than usual because you're demanding more output. When too many tradeoffs happen at once, that can make your muscles shake.

Muscle tremors aren't always a bad sign. If you're trying a new exercise or pushing for improvement, they're part of the learning process! However, if you're struggling with exhaustion or dehydration, or you think you're overworking yourself, shaking can be a red flag. Consider reducing the intensity of your workout or taking a rest day. When in doubt, discuss the issue with a physical therapist, especially if you're recovering from an injury.

Ring in the New Year With a Radiant Glow

Discover the Secrets of the Signature PS Glow + GO Facial!

Do you want to start the new year with a glow? Then you need to try our Signature PS Glow + GO Facial!

This treatment is a quick and easy way to get your skin looking its best, and it's perfect for busy women with tight schedules because you only need the treatment once a month. The best part is even though this facial is a monthly treatment, it leaves the skin with a gorgeous dewy glow that lasts.

What is the Signature PS Glow + GO Facial?

The facial begins with a deep cleanse, which is then followed by a dermaplaning treatment that removes any fine hairs and dead skin cells. Next, patients will have their skin exfoliated to clean out clogged pores and finish off with a customized skin booster to help their tissues preserve more moisture for that dewy glow appearance. This is perfect for winter months like December and January.



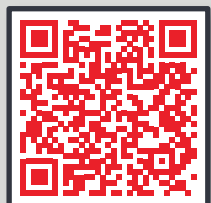
What are the benefits of the Signature PS Glow + GO Facial?

As we mentioned, the main benefit is how much the skin will glow after this treatment, but our Signature PS Glow + GO Facial offers many other benefits as well:

- Removal of fine facial hair
- Deep exfoliation to remove dead skin cells
- Relaxing facial massage that increases circulation and helps reduce stress
- Custom booster for the patient's unique skin type and needs
- Medical-grade skincare that leaves skin feeling refreshed, radiant, and dewy

So, if you're ready to achieve healthy, glowing skin, schedule your appointment for the Signature PS Glow and Go Facial today by calling **281-940-1535**.

Or you can scan the QR code on this page to book online! After just one visit, you'll be amazed at how much brighter, healthier, and more radiant your skin looks!



Shhh ... Celebrities Who Tied the Knot in Secret Ceremonies!

WHY THEY CHOSE TO KEEP THINGS TIGHT-LIPPED

With social media, we often feel we not only know our favorite celebrities but also that they're our friends. We see what they're up to in real-time, get to know their personalities, and sometimes even talk with them. This level of connection and availability stars have to their fans is exactly why many are surprised to find out their favorite celebrity got married without us knowing it.

2023 was filled with secret celebrity weddings, some of which you still may not have heard of. It's not an accident that you're unaware of these weddings, either. Many celebrity couples opt to tie the knot in private, some even hiring entire management teams tasked with keeping their weddings as secretive as possible. (LeBron James famously sent out paper invitations that didn't list a time or place for his wedding!)

Celebrities often want to keep their nuptials under wraps because the rest of their lives are so public.

They'd like to keep one of the most important days of their lives to themselves rather than sharing it, like everything else, with the whole world. When they're successful, we only find out after the event that it ever happened — as the world did with these four secret 2023 celebrity weddings.

Chris Evans and Alba Baptista

On Sept. 9, the Marvel superstar and one of Portugal's leading TV actresses officially wed in a private ceremony in Cape Cod, Massachusetts.

Joey King and Steven Piet

After meeting on the set of "The Act," these two young lovebirds hit it off. On Sept. 2, they quietly said "I do" in Spain with only their closest friends and family in attendance.

Michelle Yeoh and Jean Todt

This wedding slipped by many people, as the couple had previously been engaged for 19

years. But on July 26, the two made it official with a small ceremony for themselves and their loved ones in Geneva.

Jon Hamm and Anna Osceola

2023 was the year of love for this couple, as they purportedly got engaged around February and were officially wed by June 25 in a private celeb-only ceremony.



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DR. SUKKAR'S

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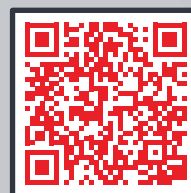
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Explore America's Most Magical Christmas Towns

FROM SNOWY VILLAGES TO YEAR-ROUND HOLIDAY CHEER

It may be too late for less spontaneous travelers to start planning a Christmas vacation. But that shouldn't stop you from planning next year's holiday journey! The good news is you don't need to venture to another continent to find a Christmas wonderland. There are countless picture-perfect Christmas towns across the country. Make your next Christmas trip feel like a Hallmark movie at one of these festive towns!

Leavenworth, Washington

Many have dubbed Leavenworth the most Christmas-centric in the U.S., and it's easy to



see why. This Bavarian-style village experiences nearly 96 inches of snowfall every year, and they certainly don't hold back when it comes to the holidays. The town lights up and decorates almost 21 miles, where you can find reindeer farms, carolers, gingerbread competitions, and Christmas markets. Every step of the way offers an Instagram-worthy photo opportunity!

Solvang, California

A slice of Denmark right in sunny California, Solvang brings endless holiday cheer, especially with their annual Julefest. Pronounced "Yule-fest," this month-long festival takes place every December and features picturesque events, including a ballerina-filled tree lighting ceremony, visits from Santa, culinary delights, traditional Danish celebrations, and much more!

Woodstock, Vermont

During Woodstock's Wassail Weekend, you'll find the town in peak Christmas mode, where you

can experience parades, horse-drawn carriages, carolers, and the Billings Farm, a local favorite of the season. Stroll down Main Street to witness an idyllic Christmas spot filled with cozy small-town shops and restaurants.

North Pole, Alaska

If you ever feel like celebrating Christmas in the middle of summer, we know the perfect destination. North Pole, Alaska, offers Christmas decor and festivities year-round! Here, you can get up close and personal with Santa's reindeer, meet the man himself, and enjoy the snow that covers the entire town. Be sure to check out their ice sculpture competition, which features artists from all over the world!

Ready for the Christmas celebration of your dreams? Start planning your next holiday vacation at any of these destinations, and we promise your dreams will most definitely come true!