



doc in a box

Your Peak Performance Coach

THIS ISSUE'S EXERCISES

If you've read our previous newsletters, you may remember that in creating healthy joints you need to first free it up, and then stabilize it. Below are a few great movements for both stabilizing and teaching the body parts to work synergistically.



Oh my gluteness! Doc, what are you doing to me? This is a great one for creating stability in the core/gluteal region. For you golfers, you know (or should know) that the glutes are the king of power. By adding the upper body twist while maintaining an elevated rear end position, you create the dynamic motion of your swing. Weak glutes often lead to a slide or sway swing fault. Two big killers to consistent ball striking.

- Roll out into the bridge position with the head, shoulders, and hips all at the same level

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Gregg

Hoffman D.C. CSCS, CGFI

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TESTIMONIALS

I've been a client of Dr. Gregg for 7 years. I've lost 20lb, cholesterol is down, and bone density up. As a grandmother, I can truthfully say "I am in the best shape of my life". Also, I have a chronic neck condition. With great concern Dr. Hoffman manages this problem and keeps me pain free. Next goal, reduce my handicap. Certainly we'll do that too.

Joan Olson Barrington, IL

Dr. Gregg has changed our lives. We are healthier, happier, and more active than ever. His golf-specific exercises have made us better golfers and we have significantly lowered our handicaps.

- Place hands directly in front of the sternum
- Rotate to one side maintaining the triangle formed by your arms and shoulders
- Don't allow the hips to drop or rotate too much. We're after separation between the shoulders and hips
- Advance the exercise by moving directly from one side to the other and by adding a small dumbbell or medicine ball



There's a lot going on here. The entire core (lats, abdominal, oblique, serratus, and gluteal region) is engaged here in order to create a base for the exercise to be executed properly. Your scapulothoracic (shoulder blade) region is the primary focus however. Imbalance here will cause the shoulder blade to migrate up causing limited range of motion and excessive wear and tear (impingement type injuries) on the shoulder joint. Again, for the golfer this means an inability for the forward arm to climb the vertical plane=shorter swing arch>>LESS DISTANCE.

- Draw the navel in toward your spine and don't allow the body to sag into the shoulder. Keep it tight and extended away from you.
- Start with the easiest on the left and progress as you're able to the most difficult
- **REMEMBER YOUR SAFTY TIPS:** Pain during the exercise or residual discomfort means it's too much or something is not right. See your doc and get it checked out

Sharon Clifford Barrington, IL

Working with Dr. Gregg helped me to finally understand the importance of regular exercise in promoting and maintaining good health. He is a compassionate and understanding professional who encourages his clients to become the best that they can be-and shows them how to achieve that goal.

SC Barrington, IL

GOLFERS

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"Fore Golf"



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At risk for injury? Frustrated with swing faults? Know how to create real power in your swing?

Call or email me for your **golf performance assessment**

before the season starts.

My assessments include:

- Physical exam
- Video capture with biomechanical evaluation

The Top 5 Side Effects of Exercise

Your doctor feels like a broken record.

That's right - they're growing weary of professing to you how important exercise is to your health, because WE DON'T LISTEN.

We've all heard how many of your health problems will improve or even disappear as the result of a consistent exercise program. One can tallying your controllable risk factors which include physical inactivity and obesity.

So why do we continue to get the same lecture?

Because exercise changes lives.

It even saves lives.

A Doctor's Perspective

Dr. David Shilling MD has been a family doctor for over 30 years. In that time he's given a fair number of patients the exercise lecture...with good cause. He's seen firsthand the healing power of exercise.

Exactly what kind of healing? Dr. Shilling shared the top 5 benefits that he's seen patients experience as a result of exercise...

1. Feel Great: The first thing that patients tell Dr. Shilling after starting an exercise program is how much better they feel. "People don't realize how bad they feel. They get used to feeling bad. Then when they start exercising they feel so much better."

Your energy levels boost and you feel great.

2. Pain Be Gone: Next patients notice a reduction in aches and pains. Chronic muscle and joint pain that they've lived with for years begins to fade. For some, joint replacement surgery is postponed. For others, arthritis pain is reduced.

Your muscles and joints feel better than ever.

3. Goodbye Coronary Heart Disease: While patients can't feel this healing benefit of exercise, it is the one that saves lives. Exercise removes two of the major risk factors that lead to heart disease: 1) physical inactivity and 2) obesity. Exercise also increases your good cholesterol (HDL) and lowers your blood pressure.

Your risk of heart attack or stroke is reduced.

- Titleist K-Vest 3D motion capture

Reports including:

- Physical findings, how they relate to your game, and an **18 session golf exercise program** based on your unique findings
- Your swing faults clearly identified with drills to train proper mechanics
- Your kinematic sequence (body motion) and your body's posture through all swing phases compared with **PGA** norms. Included will be drills, skills, and exercises to engrain proper muscle memory in the most efficient creation and transfer of energy through impact
- Great for your own use or share with your pro

Create a body fit for playing your best golf today!

4. Goodbye Type 2 Diabetes: Patients with type 2 diabetes gain substantial benefits from exercise. Exercise improves the body's use of insulin, and the related weight loss improves insulin sensitivity. Of course patients with type 2 diabetes need to get guidelines from their doctor before starting an exercise program.

Your blood sugar levels are better controlled.

5. Goodbye Sleep Apnea: Patients with sleep apnea are often caught in a destructive cycle. Their weight promotes occurrences of apnea then inadequate sleep promotes weight gain. Dr. Shilling has seen exercise break this cycle.

Your sleep becomes restful and weight loss becomes easier.

With all of these benefits it's hard to see why anyone would avoid exercise. What's your excuse?

- I know you're tired...exercise gives you energy.
- I know you're in pain...exercise alleviates your muscle and joint pain.
- I know you'd rather stay in bed...exercise makes your sleep more restful.
- I know you're pressed for time...exercise improves your efficiency and extends your life.
- I know you don't know where to start...that's where I come in.

Reply to this email or call me at the number above and we'll schedule a consultation where I can show you the fastest and safest way to reap all of the benefits of exercise.

Then the next time you see your doctor the won't give you a lecture.

They'll congratulate you.

Know Your Number

Do you know your BMI? Your **B**ody **M**ass **I**ndex is a number that helps determine if you are at risk for weight-related diseases. While it is not a perfect measure, it is a helpful tool. BMI values from 18.5 to 24.9 are considered healthy. BMI values from 25-29.9 are considered overweight, and BMI values of 30 or greater are considered obese.

Calculate your BMI: 1) Multiply your weight in pounds by 703. 2) Divide by your height in inches. 3) Divide by your height in inches again.

Use this newsletter as a **20% off** coupon.

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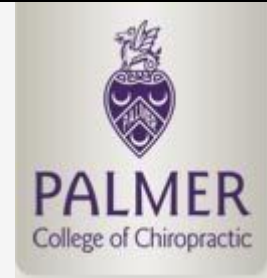
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CERTIFICATIONS



Smoked Salmon Salad



It's simple, quick and makes the perfect lunch-to-go. Salmon is packed with protein and those omega-3 fatty acids that your body needs. Notice that this recipe doesn't call for a creamy dressing, but rather a sprinkle of balsamic vinegar. Try this on all your salads and save yourself from tons of extra calories and fat.

Yield: 1 serving

Here's what you need...

- 1 1/2 cups romaine lettuce, chopped
- 1/2 cup smoked salmon
- 1/2 of a hard boiled egg
- 3 cherry tomatoes
- 1 tablespoon green onion, chopped
- 1 kalamata olive, chopped
- 1 teaspoon dried parsley
- Sprinkle of balsamic vinegar

1. Arrange the lettuce, salmon, egg, tomatoes, onion, and olive on a plate.
2. Sprinkle with parsley and balsamic vinegar.

Nutritional Analysis: One serving equals: 170 calories, 6g fat, 5g carbohydrate, 2 g fiber, and 18g protein.

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