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Gregg

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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



**Basic Dumbbell Squats
Back Lunges**

Step



Supine Hamstring Curls



Single Leg

Hip Lifts

Your Most Neglected Body Part



I can't figure out why, but people universally neglect to train their legs. It's a funny thing, since proper leg training will dramatically deliver total body results.

Walk into any gym and you'll see the bench press taken, the dumbbells being curled-and an empty squat rack in the corner.

Leg exercises are tough, I won't deny that, but the benefits are more than worth the exertion.

A Case for Your Legs

Your legs are a major muscle group, so it's no surprise that training them will get you big time results. Training your legs will...

1. **Melt fat from your body.** As I mentioned above, leg exercises are tough. Your legs are a large part of your body, so each exercise literally moves your whole body. This is precisely why a good leg workout will fire up your metabolism to melt fat away. You'll burn more calories while exercising your legs than any other body part.

Due to the intense nature of a leg workout, your metabolism becomes elevated for more than 24 hours. That means that for an entire day your body continues to burn extra calories without any extra effort on your part. Who wouldn't love that?

2. **Build strength for everyday life.** How often do you use your legs? Most of us depend on our legs constantly throughout the day-so wouldn't it make sense to strengthen our individual mode of transportation? Kind of like putting a super charger on the engine of your car.

Exercising your legs isn't only about i ncreased strength;

significantly lowered our handicaps.

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

DOC-IN-A-BOX "Fore Golf"



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My assessments include:

- Physical exam

you'll also improve your coordination and balance. This means that you'll be able to do and experience things that you otherwise would have missed. You only live once, right?

3. **Uncover natural muscle shape.** Let's be honest, toned legs are attractive. I'm not saying that you're legs will bulge with muscles (unless we trained you for that), but I am saying that consistently training your legs will uncover your natural toned shape.

Many of my clients discover a whole new level of confidence after getting their legs back into shape. Women especially enjoy the freedom to wear shorts or a skirt without feeling embarrassed to show their legs. Wouldn't you love that freedom?

Oh, and I should tell you that as you strengthen your legs you'll also reduce the risk of injury to your lower back because you'll actually learn to pick things up off the ground the right way.

Effective Leg Exercises

Now that I've convinced you to pay more attention to your legs, here are four of the top exercises you should do. Each of these exercises have dozens of different variations, so have fun and always keep your workouts fresh and challenging.

1. **The Squat:** Start with your feet shoulder width apart holding the dumbbell on the ends, inhale as you bend your knees, keeping your back straight and navel in to the spine. Be sure to keep your knees from going too far past your toes. Exhale as you push back up to a standing position.
2. **The Step Back Lunge w/ a twist please:** Start with your feet together, take a large step backward and bend your knees down into a lunge position turning your upper body toward the forward leg side. Exhale as you press yourself back up to a standing position, or continue through with your step into another lunge.
3. **Supine Hamstring Curls:** Lying on your back with your arms out to the sides, place your feet in the center of the ball. Lift the hips up until they are fully extended, then pull the ball in towards you, return, repeat for your desired repetitions.
4. **Single Leg Hip Lifts:** Lying on your back with your arms out to the sides, place one foot on the floor with the other in the air. Lift the hips up to full extension while forcing as much pressure into the heel and away from the toes. Squeeeeeze the heck out of the buns. Immediately move to the other leg. One side gets

- Video capture with biomechanical evaluation
- 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 and the most efficient creation and transfer of energy through

to rest while the other is working.

By no stretch of the imagination are these three the ONLY leg exercises out available. And that's the other great thing about training your legs... you have tons of options and variations.

Want to know more about leg exercises and which ones are the best for you? Are you finally ready to get into the best shape of your life? Let me help.

Reply to this email or call me at the number above and we'll schedule a 20 consultation where you and I can assess your goals and I can show you the fastest and safest way to reach them.

Want Antioxidants? Go Blue

Blueberries are being called a "super food" by many nutritionists. Recent research has shown that blueberries are the fruit with the highest antioxidant activity. They have even been shown to improve memory and coordination and to slow the development of degenerative diseases.

Snack on fresh or dried blueberries instead of processed sweets – not only are they healthier, you'll also lose weight.

Easy Lentil Soup



Use this recipe for a light dinner or quick lunch. It's easy to make, tastes delicious and is low in fat. What's more it's full of natural protein. And guess what? Lentils are packed with cholesterol-lowering fiber.

Yield: 8 servings

Here's what you need...

- 1 tablespoon olive oil
- 1 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 2 teaspoons salt
- 1 pound lentils, picked and rinsed
- 1 cup peeled and chopped tomatoes

impact

- Great for your own use or share with your pro

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- 2 quarts chicken broth, fat free, reduced sodium
 - 1/2 teaspoon ground coriander
 - 1/2 teaspoon ground toasted cumin
 - Optional, spoonful of fat free cottage cheese
 - Optional, dried parsley
1. Put the olive oil in a 6-quart Dutch oven and place over medium heat. Add the onion, carrot, celery and salt. Sauté for 6 to 7 minutes.
 2. Add the lentils, tomatoes, broth, coriander and cumin; stir to combine. Increase the heat to high and bring the mixture just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, about 40 minutes.
 3. Using a stick blender, puree the soup to your desired consistency. Serve with cottage cheese and sprinkle with dried parsley if desired.

Nutritional Analysis: One serving equals: 240 calories, 2g fat, 35g carbohydrate, 18g fiber, and 16g protein.

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