



"get your healthy back"

We are proud to announce the opening of our new clinic "River North Chiropractic" in the River North district of down town Chicago. Our facilities are located at 401 W. Ontario Suite 100 within the "Mike George Fitness Systems" studio.



EXERCISE OF THE WEEK

For the Golfers (or someone you love who is):

In the swing, shoulder rotation is "king". However, a common

Refer a Friend - Click Here



Gregg

Hoffman D.C. CSCS, CGFI

River North Chiropractic

401 W. Ontario Suite 100
Chicago, IL 60610

312-943-3484

[My Site](#)

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

misconception is that we get our rotation from the lumbar spine (low back). This region of the spine is designed to bend forward and back, not rotate. It's vitally important to stabilize this area by engaging the "TVA" (transverse abdominus). You can do this by trying to find what's called neutral pelvis (not too much low back arch, not too little) and drawing our navel in toward the spine.

The drill involves "disassociating" or separating the shoulders from the hips. This increases the "X" factor or stretch that harnesses that inherent stretch of the tissue creating usable energy or POWER!!!

Technique:

- Assume the golf posture
- Place your target side hand down as a marker and keep it in place
- With the thumb point back or the direction it'll be traveling, begin to swing the dumbbell back along what would be the swing plane
- Bend and tuck the elbow just as you would (or had better be, no flying elbows) in the back swing.
- Rotate until you feel the stretch across the front of the shoulder.



made us better golfers and we have 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

GOLFERS

DOC-IN-A-BOX

"Fore Golf"



Titleist Certified

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**



Notes:

- Don't allow the elbow to fly up, keep it tucked like you're holding a glove under the arm pit
- Don't lose your original set up posture. Rotate around the spinal axis.
- Keep your foundation under you. The back side hip should be rotated around. Careful not to develop a "sway" fault or lateral translation.
- Be careful not to over extend the shoulder joint. This is a vulnerable position and too much weight and aggression will cause injury.
- Use 3-8 pounds for this exercise and execute each repetition from the set up position.
- Pull from the shoulder blade toward the mid line of the spine.
- Significant pain or residual pain means STOP!!! See your doc/golf performance specialist.

So join us now and in the future to help [Get Your Healthy Back](#).

Sincerely Yours,

Dr. Gregg

assessment

before the season starts.

My assessments include:

- Physical exam
- 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



3 Steps to Overcome Overeating

Let's face it, the extra pounds you're carrying around are due to overeating - plain and simple.

Why do you overeat? Here are a few likely reasons:

1. **Habit:** Whether you realize it or not, you eat in a learned pattern, rather than out of need. You clean your plate because that's what your mother taught. You eat what is served without stopping to check if you are full. You butter two pieces of toast for breakfast rather than questioning if one piece would do the job.
2. **Absentminded:** You forget to pay attention when you eat. Mindless munching while watching a movie, snacking while driving, or picking at food while cooking - these absentminded calories really add up.
3. **Something Deeper:** Sometimes you use food for recreation or to change your mood. These calories may lend you a temporary sense of comfort or pleasure, but ultimately your body suffers from the indulgence.

Here are **3 Steps To Overcome Overeating** - read these, and apply them to your life.

Step #1: Pay Attention

Be aware of what and how much you eat. This simple concept will save you from hundreds upon hundreds of calories each week.

To apply this rule, don't eat while your attention is distracted by another activity. Only put food in your mouth when you are hungry and conscious of it. This means turn off the T.V., get out of your car, and no matter what you do, don't graze in the kitchen while cooking.

Step #2: Practice Balance

Be aware of the types of food that you eat during each meal, and make sure that it's balanced. When you eat a balanced diet filled with lean protein, whole grains, lots of veggies, a few daily servings of fruit and limited fat and sweets, your body will be satisfied and you'll lose the urge to overeat.

This means you shouldn't always eat carb-based meals, and you also shouldn't always eat high-fat meals. Make a mental checklist of the food groups that you've eaten each day. Did you eat lean protein? Did you

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!

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

LINKS FOR MORE INFORMATION

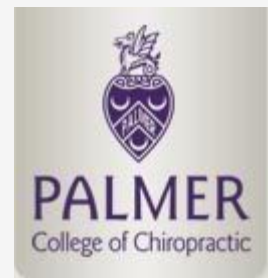
[MIKE GEORGE FITNESS SYSTEMS](#)

[Golf Injury Certification](#)

[National Strength and Conditioning Association](#)

[Titleist Performance Institute](#)

PROFESSIONAL STUDIES



have plenty of vegetables? Did you refrain from eating more than one or two primarily carb-based meals? This mental checklist will save you from making food decisions that you'd later regret.

Step #3: Be Tuned In

Your body will always tell you when its hunger has been satisfied - you've just gotten so good at ignoring the signs that you barrel through your meal only to feel like you've been hit by a ton of bricks once all that food hits your stomach. It's time to take a deep breath and listen to your body.

An important part of being tuned in is to eat slowly. Once you start to pay attention you'll notice a point when each bite becomes less and less satisfying. That is your body's way of letting you know that you've had enough and that each continued bite is simply overkill (yes, even if you're only halfway through that plate of pasta).

By learning how to control your eating habits, you'll find weight loss to come simply and naturally.

Want to speed up your weight loss, make it permanent, and shape your body at the same time? I've got what it takes to get you there! No guess work, no fad diets, and no super long workouts.

Call or email today to learn more about my fitness and fat loss programs that will quickly change your life.

No More Clean Plates

You know that portions are now larger than ever. Do you really need to eat all of that food? Of course you don't. It is time to release yourself from the obligation to eat every morsel on your plate. Start by always leaving one or two bites. Soon you will find that you naturally stop eating when you're full – even if your plate isn't empty.

Rainbow Kebabs



These fresh fruit kebabs are

Palmer Graduate.
Practicing
chiropractic physician
since 1996.



Over 120 hours post
doctorate studies as
chiropractic sports
clinician.

CERTIFICATIONS



Certified strength and
conditioning
specialist. "National
Strength and
Conditioning
Association"

simple to prepare and make a stunning display. It's perfect to bring to a barbeque or to enjoy as a healthy dessert. The fruit selections below aren't set in stone – use any fruit that is fresh and colorful.

Yield: 10 servings

Here's what you need...

- 10 wooden skewers
 - 10 strawberries
 - 10 bite-sized watermelon pieces
 - 10 bite-sized cantaloupe pieces
 - 10 bite-sized mango pieces
 - 10 bite-sized pineapple pieces
 - 10 bite-sized kiwi pieces
 - 10 blueberries
 - 10 blackberries
1. Put the chunks of fruit on each skewer in a rainbow pattern - red, orange, yellow, green, blue and purple.
 2. Place skewers on a platter and serve.

Nutritional Analysis: One serving equals: 60 calories, 0g fat, 15g carbohydrate, 3g fiber, and 1g protein.

Spread the word. Forward this newsletter to your friends, family and coworkers by using the "refer a friend" link below. They'll thank you for it.

[Forward This Newsletter - Refer a Friend](#)

Your Initial Consultaion and 1st treatment/workout are FREE!!!



Titleist certified golf fitness professional.



Certified golf injury specialist.

Email: drq@rivernorthchiro.com

Phone: 312-943-3484

Web: www.rivernorthchiro.com

This email was sent by drq@rivernorthchiro.com

[To Unsubscribe click here](#)

River North Chiropractic 401 W. Ontario Suite 100 Chicago, IL 60610