



doc in a box

Your Peak Performance Coach

THIS ISSUE'S EXERCISES

Here's a great core stabilizing exercise. You may not have known, but the butt is considered part of the "core".

When this becomes weak it can lead to an alternating pattern of weak and elongated muscle with short and contracted muscle groups. This imbalance is known as the "lower cross syndrome" and is often seen in population with sedentary lifestyles with lots of sitting.

This particular exercise recruits the glutes to stabilize the movement while you execute the rotation on the ball.

1.) Start with the head in neutral and the hips pulled up to the shoulders level.

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Gregg

Hoffman D.C. CSCS, CGFI

DOC-IN-A-BOX LLC.

PO Box 116 Barrington, IL
60011

224-944-6112

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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

2.) Holding the ball fully extended from the chest, rotate to one side while minimizing twisting of the hips. Start with one side at a time rotate only part way.

3.) Progress to a full rotation as seen above and flow right through to the opposite side. Remember to keep the hips up and the navel drawn in.

Enjoy,

Dr. "G"



Your New Favorite Thing

We all have a list of our favorite things. It may not be written down anywhere, but you know the things that make you happy.

The list holds your favorite foods, music, TV shows, movies and even people in your life that you can't get enough of. This is the stuff that you really enjoy. It's the stuff that makes your life worth living.

Somewhere on the list is your health and appearance. You know that looking and feeling great make a good life even better.

The interesting thing about your list is that without fail you'll always make time for it.

- When your TV show airs, you watch it or record it to watch later.
- When your favorite actor stars in a new movie, you do your part by going to the theatre.

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

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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**

- When you're hungry, you turn to your favorite foods.
- When the weekend rolls around, you do everything you can to spend time with the special people in your life.

Yet when it comes to exercise you automatically say, "I don't have time."

Time for TV, but no time for exercise... We live in an age where life is full. You don't have extra time anymore.

You no longer have time. You make time.

- You make time for your TV show.
- You make time for your hobby.
- You make time for your friends.

It's time to drop the charade of "I don't have time to exercise" and call it what it really is.

An excuse.

You know how to make time for your favorite things. You know you want good health. You know you want to look great. You know you want more energy.

Exercise delivers all those benefits - and more.

I believe that exercise belongs on your list of favorite things.

Make It A Favorite: How do you turn something that you've dreaded into something that you enjoy?

1. **Block the Negative:** Your thoughts play a big part in determining your favorite things. Block out any negative thoughts you may have about exercise. Focus your energy on creating a positive attitude that will get you excited about hitting the gym, rather than dreading it.
2. **Focus on the Benefits:** With exercise you have so much to gain and nothing to lose. Exercise makes you stronger, sexier, happier, and gives you more energy. Pick the benefit that moves you the most and fixate on it.
3. **Get Guidance:** The easiest way to put exercise on your list of favorite things is to experience it at its best. Get onboard with one of my personal training programs and I'll show you the most effective and enjoyable techniques that will get you into the best shape of your life.

Smaller is Better

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

Here's a quick and easy way to lose weight. For dinner tonight use a small plate instead of a full sized dinner plate. It sounds simple, but you will actually eat less off a small plate than you would a full sized plate. This is a great way to encourage smaller portion sizes without feeling like you are being deprived.

Energy Muffins



Finally, a great-tasting muffin recipe with no added sugar! Naturally sweetened with banana and blueberries, these muffins are as sweet as they are delicious. Enjoy one with a side of scrambled egg whites for a quick and nutritious breakfast. **Servings: 18**

Here's what you need...

- 1 cup mashed banana
 - 2 egg whites
 - 1/2 cup water
 - 1/3 cup refined coconut oil
 - 2 cups wheat flour
 - 1 teaspoon baking soda
 - 2 1/4 teaspoons baking powder
 - 1 cup frozen blueberries, left to thaw in a strainer
1. Preheat oven to 350 degrees. Prepare 18 standard-sized muffin cups with paper liners.
 2. In a large bowl, combine banana, egg whites, water and oil. Add the flour and mix. Gently fold in blueberries. Immediately spoon batter into muffin cups.
 3. Bake for about 20 minutes. Remove muffins from tins and cool on a wire rack.

Nutritional Analysis: One serving equals: 98 calories, 4g fat, 13g carbohydrate, 2g fiber, and 3g protein.

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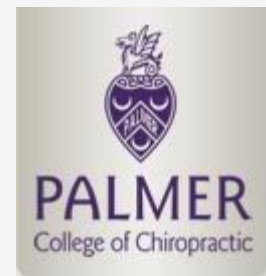
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Email: doc@docinabox.net

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DOC-IN-A-BOX LLC. PO Box 116 Barrington, IL 60011