



doc in a box

Your Peak Performance Coach

THIS ISSUE'S EXERCISES



"Stability" The ability to remain unchanged in the presence of outside forces.

The exercise above demonstrates what is known as "dynamic stability". Neither life nor sport is static. Our bodies are in motion and we need to maintain its integrity in the presence of whatever forces we expose it to. That's why using functional exercises rather than just guided machine exercising is essential.

Try holding the "T" position first, then add the dynamic aspect by rolling forward into a push up position, then continue into the other side and hold long enough to show you own it. **NAVEL IN TOWARD THE SPINE TIGHTLY**

Refer a Friend - Click Here



Gregg

Hoffman D.C. CSCS, CGFI

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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



Here's a great basic exercise called "head bangers". Hold the dumbbells straight out, then bend at the elbows allowing them to drop down along side of the ears. Extend them back up to the starting position.

By executing this exercise on the ball, you add the functional element challenging the core region and proprioceptive (balance) system. Good Luck.

Dr. "G"

What's Lifestyle Got To Do With It?

It happens to everyone. That moment when you realize that it's time to do something about your weight.

It may happen when you're looking in the mirror or standing on the scale.

Your first thought is to go on a 'diet' but as quickly as that enters your mind the ghosts of a hundred diets past return...along with all the frustration.

Then you wonder, why bother?

The weight will come back, as it always has. Then you'll be back in front of the mirror as discouraged as ever.

The answer is not to go on another diet.

The answer is to change your lifestyle.

You've heard this before, and it makes sense, right? So why haven't you done it?

Your Lifestyle Obstacles. Most people resist changing their lifestyle for two reasons.

1. Change is scary. Whether you realize it or not, your life is in a constant state of change. Though you cling to the familiar, it's a futile struggle. Change always wins.

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 assessment**

before the season starts.

My assessments include:

- Physical exam

The most consistent thing in life is change. Since you'll never escape it, you might as well channel it. It's time to make the change in your life purposeful and positive.

2. Lifestyle misconception. How many times have you heard the term 'healthy lifestyle' only to picture a health nut with celery sticks in one hand and tofu in the other? The truth is that most people think that changing their lifestyle will be an extreme and unpleasant experience - and that's not true.

Improving your lifestyle does not mean swearing off chocolate or living in the gym. You don't have to eat wheat germ for lunch and you can still enjoy a nice plate of pasta. The key is moderation.

Making the Change. It's time to lose your 'all or nothing' mentality. Embrace simple, small changes that will add up to big improvements in your lifestyle. These are your main venues for change:

- **What You Eat.** Let's face it, most of the foods you eat aren't the healthiest. Some are downright terrible (the burger and fries you had last week). While others are simply excessive (the snacks you eat while watching TV).

The solution to cleaning up your daily diet is NOT to go back on a 'diet'. In fact, I never want you to go on a 'diet' again. (Yes, you heard me right!) Instead I want you to make permanent healthy changes to your eating habits.

Here are some practical examples:

- Choose salad over chips or fries
- Don't add butter to your food
- Eat fresh produce with every meal
- Purchase fat free dairy products
- Limit desserts to one or two per week
- Cut out mindless snacking
- Drink water, not soda

I don't expect you to eat a perfect diet every day of the week - that'd be ludicrous. You should, however, make MORE healthy choices every day than unhealthy ones.

- **What You Do.** Exercise is a huge component to a healthy lifestyle, and quite frankly you're not getting enough of it. How often does an entire week go by without you ever lacing up your tennis shoes? Don't

- 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 in the most efficient creation and transfer of energy through impact
- Great for your own use or share

disregard the importance and power of a good workout.

Your new healthy lifestyle means exercising on most days of the week. This may seem tough, but I have the perfect solution - my training programs were created for busy people just like you who only have so much time to dedicate to exercise.

I understand how hard it is to find the motivation to stay consistent and to push yourself. Make exercise a no-brainer - contact me to get started on a lifestyle enhancing program today.

Here are simple ways to move more:

- Watch less TV
- Stretch stiff muscles every day
- Play at the park with the kids
- Go for a jog
- Do some pushups every morning

While none of the above are meant as substitutes for a solid exercise routine, they are great ways to become more active and to improve your lifestyle.

Your lifestyle is the balance of all the choices that you make regarding your body. Swing the balance in your favor - make a majority of your choices health conscious.

So the next time you're in front of the mirror you won't worry about your weight.

You'll relish it.

The Liquid Calorie Ban

Here's an easy way to live healthier: don't drink calories. Liquid calories are sneaky. You don't get that full feeling like with solid foods, but you're still taking in tons of calories. Avoid drinks like: regular sodas, smoothies, juices, sweet coffee drinks, hot chocolate, milk shakes, and alcoholic beverages. Drink plenty of water instead-you'll lose weight and feel great.

Sauteed Soybeans

with your pro

Create a body fit for playing your best golf today!

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

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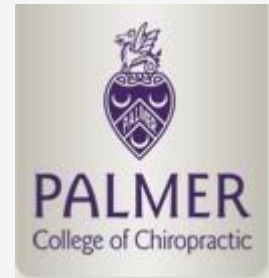
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What a delicious way to enjoy soy. Pre-shelled soybeans make this dish easy to prepare - it's ready in 10 minutes. Serve this as a healthy side dish or a light meal.

Yield: 3 serving

Here's what you need

- 1 tablespoon olive oil
- 1/4 cup chopped onion
- 3 garlic cloves, diced
- 1 1/2 cups shelled soybeans
- 1 teaspoon dried thyme
- 1/2 tablespoon soy sauce
- Dash of salt
- Dash of pepper

1. Heat saute pan over medium heat, add oil and onions. When onions begin to soften lower the heat, add the garlic and saute for two minutes.
2. Add soybeans and thyme, soy sauce, salt and pepper. Cook until soybeans are fully heated. Serve warm.

Nutritional Analysis: One serving equals: 172 calories, 9g fat, 11g carbohydrate, 5g fiber, and 10g protein.

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chiropractic sports clinician.

CERTIFICATIONS



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



Titleist certified golf fitness professional.



Certified golf injury specialist.

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