



"get your healthy back"



If you're a golfer, the scene above probably conjures up a variety of thoughts or emotions. Feelings such as the rapture you experienced at least once in your last round as you stroked effortlessly through the sweet spot and had enough ball flight to step back and marvel at the wonder of your efforts. At least once in your last outing, right? After all, it's the elusiveness of trying to recapture that feeling that the experts

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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.

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

say keeps us coming back. Others may already be looking toward the upcoming season, visualizing a perfect draw on your approach to eighteenth green, or something like that.

Regardless, NOW is the time to make the changes in your body that can assure you of not repeating the swing faults of the past. I'm talking about addressing the physical elements that reside within your body that are keeping you from playing to your potential, and free of pain.

Other than the lack of understanding of what your golf pro is trying to teach you, it's our body's inability to execute the swing with appropriate *flexibility, mobility, and stability that causes the most common swing issues and injuries*. Without the three factors just listed, your body won't generative the power it's capable of, transfer that energy efficiently through the ball, or be able to maintain the desired swing path that's recommended. In addition, aberrant motion in our bodies and swing path causes stress in the joints that lead to the aches and pains felt after a round, or worse, season ending injury.

Starting with this issue and well into the upcoming season, I will discuss important issues relating to everything mentioned above. In addition, I will provide tips on reducing, improving, or even eliminating these elements. This, of course, will leave you with a *"body fit for playing your best golf ever"*.

It's important to remember, that this format does not allow me to present the information in as much depth as could be accomplished working one on one or in small groups. You'll be shown things that can and will cause profound changes in your body so be smart about it. This is

who encourages his clients to become the best that they can be-and shows them how to achieve that goal.
SC Barrington, IL

GOLFERS

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.

Create a body fit for playing your best golf today!

THE TIME IS NOW!!!

Did you know, custome

intended to be for golf performance only and not to diagnose or treat current or future condition of medical necessity. The three big rules are a known medical condition that restricts you from safely participating in these exercises, significant pain during the exercise, or residual pain after, means STOP. Seek qualified medical attention from your health care provider of choice.

For the sake of grabbing everyone's attention, I am going to start with the "KING OF POWER", the hips. The ability to rotate around this joint freely is vital for three primary reasons: The first is to generate power by stretching the musculotendon tissue that surrounds the joint to harness and store the potential energy that will be unleashed at the beginning of our downswing setting the "kinematic sequence" in motion. The second reason is the golfer needs to be able to "sit into the hip" on the backswing to reduce the tendency to sway (move away from the target). If I haven't said it I'll say it a thousand times, if the body can't get motion one way it will find another. That's where the cascade of swing faults occurs. The third reason is just the opposite. If you can't "hit into a firm left side", or shore up the target side leg (left for the right handed golfer), you'll create a slide fault and bleed all that power you've worked so hard for right out the door. Not to mention greatly reduce the consistency of striking the ball well.

The motion we're most concerned with here is internal rotation. Try a couple of these to get the "joint mobility" started. We'll come back and introduce more that will address the flexibility, stability, and power generation from this region in subsequent episodes.

You should do these consistently, at least two to three times per week.

casted orthotic
create stability
in your
foundation
which adds
distance and
consistency to
your ball
striking.

LINKS FOR MORE INFORMATION

[Mike George Fitness System](#)

[National Strength and
Conditioning Association](#)

[Titleist Performance Institute](#)

[Golf Injury Certification](#)

[Foot Levelers](#)

PROFESSIONAL STUDIES

Palmer Graduate.
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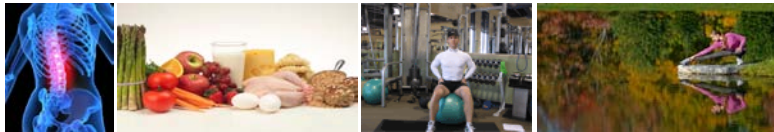
[Hip Windshield Wipers](#)

[Figure 4 Stretch](#)

These exercises were taken from the Titleist Performance Institute where Dr. Hoffman has attained his certification as a golf performance professional. The individual performing the movements is Dr. Gregg Rose, a former classmate and creator of TPI.

Get started now to have the greatest impact for this season.

Dr. "G"



Your Fast-Track to a Flat Tummy & Tight Abs

The New Year is still young, and if you've decided to make this your year for losing the weight and tightening your abs, you're in luck.

Getting a flat midsection really boils down to two things: 1) Getting rid of the fatty layer that is covering your abdominal muscles; and 2) Tightening and toning your abdominal muscles.

The following 7 Tight Abs Tips are your Fast-Track ticket to getting a flat, attractive midsection this year.

Tight Abs Tip #1: Perform challenging strength training abdominal exercises at least three times each week. Your abs are like any other muscle in your body—they need to be consistently challenged in order to become stronger and tighter.

Tight Abs Tip #2: Stop eating junk. Processed foods, refined sugar and high fructose corn syrup do NOT belong in your diet if, especially if you want tight abs. Cutting these items from your

physician since 1996.

Over 120 hours post doctorate studies as chiropractic sports clinician.

CERTIFICATIONS

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

Titleist certified golf fitness professional.

diet will allow your body to maintain stable blood sugar levels, alleviating your body's need to store excess sugar away in fat cells.

The fat stores created by excess sugar intake most often accumulate around your waist, covering up your abdominal muscles. Cut these items from your diet and replace them with real whole foods such as lean meats, vegetables, whole grains, nuts and fruits.

Tight Abs Tip #3: Stop doing long and slow cardio workouts. Instead, use HIIT (High Intensity Interval Training) for your cardio workouts. HIIT training uses intense bursts of cardio peppered throughout your workout. This is a sure-fire way to rev up your metabolism and to get your fat stores to shrink.

Tight Abs Tip #4: Use resistance with your abdominal exercises. Crunches are great, but your body quickly becomes accustomed to the motion, rendering it less effective. Hold a medicine ball or dumbbell at your chest as you perform your crunches—this will force your abs to work harder, and will achieve better results.

Tight Abs Tip #5: Don't be fooled. The market is flooded with 'lose weight' products and products that claim to flatten your stomach. Never waste your time or money on:

1. So-called packaged health food that comes with weight loss claims. If it's processed in a package with a bunch of chemical additives then it will not help you achieve flat abs.
2. Abdominal exercise gimmicks as sold on late night infomercials – all you really need is your own body weight, an exercise ball and dumbbells or a medicine ball.
3. So-called weight loss supplements. The magic pill for flat abs doesn't exist, so you'd be wasting your health and money on a bogus product.

Tight Abs Tip #6: Target your lower abs. It's easy to neglect the lower abs, but they are an important part of the equation. Incorporate the V-Up into your exercise routine:

Starting Position: Sit on the edge of an exercise bench; lean back to a 45 degree angle. Extend your legs out until they are level with the floor.

Movement: Exhale and bring your knees and upper body close together, while contracting your abdominals. Inhale as you slowly release your legs, returning them to the starting position.



Certified golf injury
specialist.

Tight Abs Tips #7: Challenge your core often. Don't limit your abdominal exercise to the gym, incorporate core strengthening during daily life and throughout each workout. A strong core is the foundation for flat, tight abs.

There you have it! Seven tips that, when diligently applied, will help you shed the fat and tighten your abs.

But, keep in mind that your results will be seriously hindered if you do the same exercise routine over and over. Your abs need a progressive challenge in order to transform. This means new exercises, different resistance and increased challenge.

Call or email today to get started on a program that will challenge you, motivate you and transform your body.

Availability is limited -- act now and achieve a slimmer you once and for all this year.

Instant Ab Flattener

How would you like to improve the look of your stomach in a matter of seconds? Simple. Don't slouch. When you slouch, with shoulders rounded forward, your stomach pooches out. Instead, push your shoulders back, chest up, and pull your abdominals in. And just like that you look slimmer, and by keeping your abs pulled in you are strengthening your core.

Moroccan Stew



This stew is perfect for a cold winter day. It is packed with antioxidant-rich vegetables and fragrant spices. Serve this stew over a scoop of cooked quinoa or whole grain brown rice. **Yield: 6 servings**

Here's what you need:

- 1 1/2 cups plus 3 tablespoons water or vegetable stock, divided

- 1 large size yellow onion, finely chopped
 - 2 large size red bell peppers, seeded and chopped
 - 2 or 3 garlic cloves, minced
 - 1 teaspoon agave nectar or pure maple syrup
 - 1 teaspoon ground coriander
 - 1/2 teaspoon ground cinnamon
 - 1/2 teaspoon ground cumin
 - 1 teaspoon grated or minced fresh ginger
 - 1/2 teaspoon saffron
 - 2 medium size sweet potatoes or garnet or jewel yams, peeled and cut into 1/2 inch cubes
 - 1 can (15oz) diced tomatoes, undrained
 - 1 can (15oz) chickpeas drained and rinsed
 - Salt and pepper to taste
1. Heat 3 tablespoons water in a soup pot over medium heat. Add onion, peppers and garlic, and cook for 5 minutes. If the water begins to evaporate, add a little more.
 2. Stir in the agave nectar, coriander, cinnamon, cumin, ginger and saffron and cook for 1 minute, stirring constantly. Add sweet potatoes, and stir to coat. Stir in tomatoes, remaining 1 1/2 cups water and chickpeas. Bring to a boil, then reduce heat to low.
 3. Simmer until sweet potatoes are tender, about 30 minutes. Season with salt and pepper, then serve over quinoa or brown rice.

Nutritional Analysis: One serving equals: 141 calories, 1g fat, 29g carbohydrate, 6g fiber, and 6g protein.

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

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