



"get your healthy back"

Our new web site is up. Please visit us at rivernorthchiro.com. More fun tabs will be added soon. A couple of these include the online "Fit Store" and "Hard Body Cafe". More on these later.



doc in a box

Your Peak Performance Coach

Featured Exercise:

Core training, the number or derivations of movements that have been created to exercise the abdominal region of the core are seemingly endless. What is, or should be consistent however is an attempt to bombard this region from a variety of directions.

It is commonly accepted that the order in which the abdominal regions are trained is vital. Even though I've not found an abundance of supporting documentation to corroborate this as

Refer a Friend - Click Here



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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

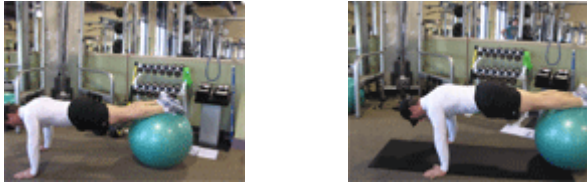
Dr. Gregg has changed our lives. We are healthier, happier, and more active than ever. His golf-specific exercises have

fact, years of practicum have affirmed the importance.

Shake it up. Isolate each region one day with a lower abdominal (yes I know the [rectus abdominis](#) is one contiguous muscle), an outer ([oblique](#)), then upper abdominal movement. Try the following:



On the next day try a more dynamic (all inclusive) movement. Something that demands a synergistic effort of all the abdominal regions. Give one of the two below a shot.



As always, the navel should be drawn in toward the spine first to engage the TVA ([transverse abdominis](#)). If you read our earlier episode on this you may remember how it stabilizes the thoracic and pelvic regions.

As always, marked pain during or residual pain after means it was too much or something is wrong. Email me or talk to a professional who can help.

Professionally yours,

Dr. "G"



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 Missing Link for Motivation

If you've ever wished that you were more motivated to experience life at your full potential then this is for you.

Most of us set goals and work hard only to find our motivation fizzle out after a couple of weeks. But there are little tricks that will help you harness the power of your mind and propel you toward achieving your goal.

The Two Motivators

When you boil it down, you're motivated by two simple things:

1. To avoid pain (fear of failure)
2. To gain pleasure (promise of reward)

You are naturally geared toward one of these motivators. To figure out which, think of the last time you accomplished a task and then ask yourself the following: While doing the task were you thinking about what would happen if you failed to finish, or were you thinking about what you would gain when you finished?

Take note as to which motivator works for you - fear of failure, or promise of reward.

Set Your Goal: The first step towards unstoppable motivation is to determine your goal. You know you're unhappy with your body, but what exactly do you want to change? Why is it important to you?

Perhaps you can relate to one of the following goals:

- **You need to lose weight for your health.** Your doctor scared you straight or maybe you've had a recent health problem that landed you in the hospital. Your goal is to move away from the pain of sickness.
- **You want to look and feel incredible.** You've always wanted to feel vibrant and attractive. The idea of having more energy really excites you. Your goal is to move toward the pleasure and reward of a fit body.
- **You're worried about your kids.** They don't eat enough vegetables, they drink more soda pop than water and they play video games constantly. You have decided to model a healthier lifestyle and to encourage your kids to participate. Your goal is to move away from the risks of a sedentary lifestyle and to propel your kids toward a healthy future.

Train Your Mind for Weight Loss:

With your clear and important goal in mind, let's take a few minutes to train your mind to achieve it. You know that weight loss comes as a

- 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 with your pro

Create a body fit for

result of eating right and regular challenging exercise, so let's use your mind to conquer both.

Eating Right: Use this exercise to distance yourself from the self-sabotaging foods you really wish you didn't eat, and to naturally begin selecting healthy foods.

Take a moment to review your current eating habits. Identify the foods that you should stop eating (hint: sweets, anything fried, refined carbohydrates, sugary drinks). Identify the worst food that you eat regularly but know you shouldn't.

Now imagine the healthy foods that you should eat (hint: vegetables, fruits, whole grains, lean protein). Identify the healthiest food that you know you should eat regularly.

Now with the image of these two foods in mind, find a quiet place and do the following exercise (seriously this stuff works):

- Draw up the image of your unhealthy food item. This image will likely be quite vivid, with smell, taste and bright color. In your mind, fade this picture to black and white and distance the image until it is dull, fuzzy and remote.
- Draw up the image of your healthy food item. This image will likely be fuzzy and faded. In your mind, bring this picture to life with smell, taste, sound and bright color.

Regular Exercise: This technique can be applied in a way that encourages you to crave exercise rather than avoid it.

Take a moment to imagine how you feel after a great workout (notice the emphasis on the word after). Remember the physical satisfaction as well as the sweet feeling of accomplishment.

Now bring to your mind the aspects of exercise that you dislike. What is your biggest reason for avoiding exercise? Are you too tired? Do you not have enough time? Is physical exertion too much of a hassle? Pinpoint your greatest complaint about exercise.

Now with the image of these two aspects of exercise in mind, find a quiet place and do the following exercise:

- Draw up the image of your exercise complaint. The image is likely to be clear and accompanied by the sounds, smells and sensations. In your mind, fade this picture to black and white and distance the image until it is dull, fuzzy and remote.
- Draw up the image of the wonderful feeling you have after accomplishing a great workout. Magnify this image in your mind. Fixate on how you feel physically, mentally and emotionally. View the experience in bright colors and add a sound track of

playing your best golf today!

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

LINKS FOR MORE INFORMATION

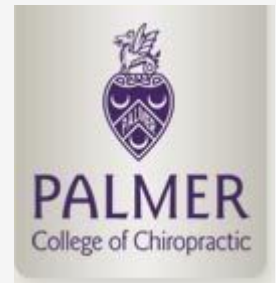
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Why It Works

If this was your first experience with training your mind (also called Neuro-Linguistic Programming, or NLP) it may have felt a little odd. Many of the world's top achievers regularly use techniques like these to accomplish astounding goals.

The techniques above work because they train your mind to bring your behavior in line with your values. Think about it, you value health, you desire to be fit and attractive and you want to instill healthy habits in your kids.

These techniques encourage you to avoid self-sabotage and to make choices that line up with what you truly value.

Now that you are ready to accomplish your goals, call or email me today to start your fitness program that will greatly improve your life.

The Rocking Chair Test

Need another boost of motivation? Anthony Robbins uses this Rocking Chair Test to propel his students to action.

- Imagine yourself at 90 years old, sitting in a rocking chair and looking back over your life.
- Imagine that you never accomplished the goals that are important to you. Feel the pain of loss and regret.
- Now imagine that you did accomplish these important goals. Feel the pleasure of success and accomplishment.

Which scenario do you want to experience when you are 90?

Roasted Brussels Sprouts



This is one of those healthy foods that you're missing out on! If the thought of Brussels Sprouts makes you queasy, then you've never had them prepared like this. Roasted with fresh garlic and light seasoning, these crunchy treats will tease your taste buds into thinking you're eating potato chips. **Servings:**

2

CERTIFICATIONS



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



Titleist certified golf fitness professional.



Certified golf injury specialist.

Here's what you need...

- 12 Brussels Sprouts
 - 1 teaspoon Olive oil to drizzle
 - Salt and pepper
 - 2 fresh garlic cloves, minced
1. Preheat the oven to 400 degrees.
 2. Cut the stem off the Brussels Sprouts and cut them in half lengthwise. Drizzle with olive oil, coat evenly. Season with salt and fresh ground pepper.
 3. Place the Brussels Sprouts cut side down on a baking sheet. Roast for 10 minutes.
 4. Remove the baking sheet from the oven, using tongs coat the Brussels Sprouts with the garlic. Place the baking sheet back in the oven for an additional 5 minutes.
 5. Remove the baking sheet from the oven, the cut side of the Brussels Sprouts should be browned and crispy.

Nutritional Analysis: One serving equals: 72 calories, 2g fat, 10g carbohydrate, 4g fiber, and 4g protein.

Motivate your friends, family and co-workers! Use the "refer a friend" link below to forward this newsletter and subscribe your friends.

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

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