



*"get your healthy back"*

Our new web site is up and the "Fit Store" is open. Please visit us at [rivernorthchiro.com](http://rivernorthchiro.com) for the exercise equipment used in the featured exercises.



## Featured Exercises: "Good Posturing"

As I mentioned in our last newsletter, I'd demonstrate exercises using a simple thera-band to enhance the foam roller routine for picture perfect posture. Please indulge me for a minute while I self validate and get on my soap box and assault you with a bunch of technical jargon that could really make a difference in your life. Here we go...

Refer a Friend - Click Here



Gregg

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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*

Our spine is a unique series of articulations that provide motion within every plane, house and protect our nervous system, and provide a foundation for the extremities to work about freely. When we have a compromise or injury to the spine it can seem as if life stops as we know it.

Most of the conditions I see as a clinician are a result of lifestyle habits that can easily be avoided, reduced in frequency, and corrected. The causes often consist of sedentary lifestyles, de-conditioning, poor posturing, and repetitive or asymmetrical activities.

The result for all of these is the same. It begins with [“facilitation”](#), shorted muscle groups that progressively adapt to repeated exposure to the habit. This in turn causes [“reciprocal inhibition”](#), muscles on one side of a joint to relax, weaken, and lengthen in order to accommodate for the contracted muscles on the opposite side.

Aaah, but it doesn't stop there. Obviously this creates and imbalance causing aberrant (poor) motion in our joints. The result is [“arthrokinetic inhibition”](#); sensors around the joint cause the muscles that would normally stabilize it to shut off.

In a nut shell, the more this happens, the more it happens. At least until something is done to break the feedback cycle. It accelerates the wear and tear process of the body. Who wants that?

The good news is that by introducing an exercise program such as ours you can maintain, improve, and even avoid most of the conditions seen in my office. Yep, cats out of the bag, YOU can

*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

make a difference!

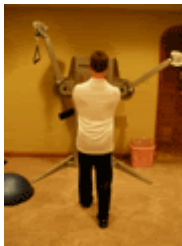
As I've said already many times, the objective should be to create flexibility, mobility, stability, and balance within the region.

For those who'd like to take this on you can continue to follow the little tid bits provided for you in this newsletter, or attend the new Spinal Integrity" class. A class that is not so serious as the name. All the activities are adaptable to your skill level, are led by a licensed physician, and will leave you feeling ten feet tall. (*sample exercises below*)

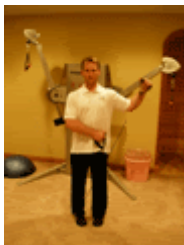
Looking forward to helping you “*get your healthy back*”.

Sincerely yours,

Dr. “G”



"Trays": Squeeze the band between the thumb and forefinger, turn your hands up like you're holding your best china, then rotate the shoulders open maintaining a slight bend in the elbows.



"Pizza Drill": Just like you're tossing the pizza dough, pull one hand accross the body from the top of the opposite

- 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

hip bone and externally rotate without raising the arm too high.



"Scapular Retracts": I know, I couldn't think of a better name. Most of the motion here is coming from pulling the shoulder blade toward the spine and not from the shoulder (glenohumeral joint) moving. You'll feel like you want to continue pulling the band back, but stop when it feels like you've accomplished the stated objective.

Key points: Tuck the chin and tail bone trying to find that neutral spine position. Try it in front of the mirror if you can. Draw the navel in and don't arch the back to execute the motion. Proper form is essential to avoid re-inforcing wrong function. Ask questions. Contact information is on the web site at [rivernorthchiro.com](http://rivernorthchiro.com).



### The Freedom of (Self-Imposed) Chains

Most of us are under the misconception that fit people work hard and spend most of their lives deprived in order to achieve their amazing bodies.

Nothing could be farther from the truth.

I'll let you in on a little secret...It's not hard to get and stay fit. It's not about hard work and deprivation.

It's all about boundaries.

Let me explain...

When you were a child your parents set boundaries around you. They were the authority on what was or wasn't acceptable behavior. You had to complete your chores before dinner. You had to finish your homework before going out to play. You had to eat all your vegetables before

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](#)

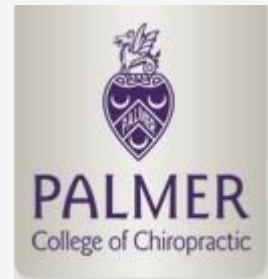
[DOC-IN-A-BOX](#)

[National Strength and Conditioning Association](#)

[Titleist Performance Institute](#)

[Golf Injury Certification](#)

### PROFESSIONAL STUDIES



Palmer Graduate.  
Practicing  
chiropractic physician  
since 1996.



Over 120 hours post

dessert.

If you failed to comply with these boundaries then you knew that there would be consequences.

As an adult you, and only you, are the authority on what is or isn't acceptable behavior. You are in the position to set boundaries around yourself. These boundaries serve as a framework of order around you - a rock of support in an otherwise chaotic world.

With self-imposed boundaries you can assure your success in anything...specifically with weight loss.

Your fitness boundaries have to be self-imposed—no one is going to do it for you. Don't look at this as a bad thing! Self-imposed boundaries are self-empowering.

Let's face it, you've been living life without fitness boundaries.

- You eat whatever you want, whenever you want it.
- You use any excuse to avoid exercise.
- You indulge whenever it feels good.

## Your Fitness Boundaries

It's time to introduce boundaries back into your life. These boundaries are the key to unleashing your ideal fit and healthy body.

### 1. Fitness Boundary One: What you eat

If you were to be perfectly honest with me, you could list off the foods that are unhealthy and fattening. So why are you still eating them? You know that refined, fried, processed and sugary foods are not good for you.

Place boundaries around what you will allow yourself to eat. Acceptable food items include whole foods, vegetables, fruits, whole grains, and lean meats.

### 2. Fitness Boundary Two: How you exercise

I know that you're not an Olympic athlete, but that doesn't mean that you can simply pass on exercise. By now you are well aware of the host of benefits that exercise provides. With regular exercise you'll look great, feel amazing and have more energy than ever.

Place boundaries around how often you must exercise. Choose exercise that is challenging and fun - don't be afraid to try new activities that improve your strength and endurance.

doctorate studies as  
chiropractic sports  
clinician.

## CERTIFICATIONS



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



**Titleist** certified golf fitness professional.



Certified golf injury specialist.

### **3. Fitness Boundary Three: When you indulge**

Let's face it, we live in a world where indulging has become the norm, rather than the exception. When you live life without fitness boundaries, everyday is an opportunity to indulge. These indulgences all add up quickly, causing your clothes to become tight and your energy levels to drop.

Place boundaries around when you can indulge. You'll find that by limiting your indulgences you'll end up enjoying them even more.

### **Putting It In Action**

Sit down and take a long, hard look at your lifestyle. Are you eating as healthy as you could be? Are you exercising 3-5 times each week? Are you indulging too often? Answer the following questions:

1. What 3 food items can I eliminate from my daily diet? (These should be nutritionally void items like high-calories beverages, fast food, packaged snacks, high-fat food, candy or desserts.)
2. When can I schedule exercise into my week? (Pick 3-5 days, and select a specific timeframe. Example: I'm going to exercise on Monday, Wednesday and Fridays from 5am-6am.)
3. When will I allow myself to indulge? (Don't go overboard here, especially if you need to lose weight. Enjoy a treat a couple times each month, and do so guilt-free knowing that you've maintained healthy food boundaries the rest of the time.)

Remember that self-imposed boundaries are self-empowering.

Fitness boundaries put your fitness results on autopilot. If you know what constitutes an acceptable meal, then choosing what to eat just got a whole lot easier. If you're committed to exercising 3 times a week, soon it becomes second nature.

Need help setting up your fitness boundaries? I am here to help - call or email me now!

### **Confidence Booster**

Have you ever wished that you had more confidence? People who set fitness boundaries report experiencing a boost of confidence. Think about it: when you set a higher standard for yourself confidence grows naturally. As you lose weight and feel better than ever your confidence will sky rocket.

### **Fresh Vegetable Tacos**



There is no question that these veggie stuffed tacos are both healthy and delicious. Fresh asparagus, sweet peppers, corn, onion, pinto beans and cilantro create a tasty blend of flavors. To increase your protein intake feel free to throw in strips of lean chicken breast. Serve with sliced avocado and a side of salsa. **Servings: 6**

#### Here's what you need...

- 1 teaspoon olive oil
  - 2 cloves garlic, minced
  - 1 medium onion, chopped
  - 2 cups asparagus, cut into 1 inch pieces
  - 1 cup sweet peppers, chopped (red, yellow, orange or all three!)
  - 3 ears of corn, kernels shaved off
  - 1 (15 oz) can pinto beans, drained and rinsed
  - 1/4 chopped cilantro
  - 6 whole wheat tortillas
  - 1 avocado, sliced
  - Salsa
1. Place the olive oil and garlic in a large non-stick frying pan over medium heat. Add the onions and sauté for about three minutes or until the onions begin to soften.
  2. Add the asparagus and continue to sauté , stirring occasionally for 5 minutes.
  3. Add the peppers and continue to sauté , stirring occasionally for 5 minutes.
  4. Add the corn, beans and cilantro and sauté for 5 more minutes, or until the vegetables are tender. \*Note: Make sure you don't overcook the vegetables. You want them to be tender but not too soft.\*
  5. Remove from heat. Place a scoop of the veggie mixture in each tortilla and top with sliced avocado. Serve with your favorite salsa.

**Nutritional Analysis:** One serving equals: 308 calories, 8g fat, 46g

carbohydrate, 13g fiber, and 12g protein.

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

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