

## Get Fit Newsletter (Your insatiable appetite)

10/15/2009



*"get your healthy back"*

**DOC**

*doc in a box*

Your Peak Performance Coach

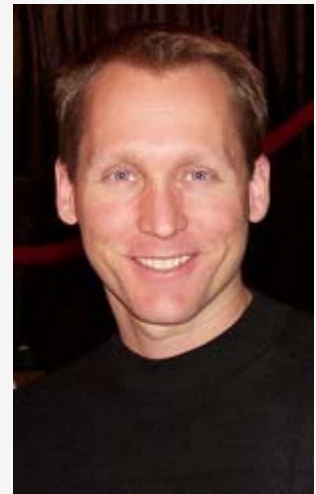
*"Ashley's Corner of the Cafe"*



Ashley has posted [Q&A on Holistic Nutrition](#) at the "Mike George Fitness System" web site. She can shed some light on your nutritional blind spots!

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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,*

## Okay, it's getting personal!

Our conversation for this episode is motivation. What creates it is different for all of us. I respond to things like new challenges, others taking on quests they have never considered possible, and creativity.

As I watched the participants in last weekend's Chicago Marathon, I thought how can you stand here and let 45 thousand people experience the sense of accomplishment and glory having competed in or completed this wonderful event, and NOT BE THERE WITH EM? A watcher? That's not who I am. They're call to action left me moved and inspired.



Immediately I committed to the event for next 2010. Two days later the training has begun, I've registered for multiple 1/2 marathons in preparation, and told anyone who'd listen. This was to build an accountability structure. It's too easy to walk away when nobody knows.

As a matter of fact, this has already come back to bite, rather help me stay focused. As I expressed a moment of doubt to an even more competitive female counterpart, she said to me "Sally", what are you even talking about. I'll get my miles in tonight and perhaps bump it two.

Sally? SALLY??? Awww I don't think so. That's a call to action if I've ever heard one. Needless to say I finished my eight miles and was glad for it. Isn't ego great? The message is, surround yourself with people who will hold you accountable to your word.

*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.*

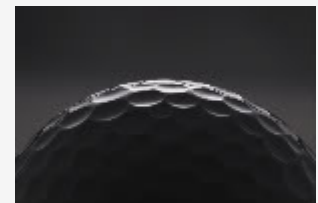
**Sharon Clifford Barrington, IL**

*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 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**



This may not be your joy, but throw things like this out in front of you to keep you working forward. We're never idol, but either waxing or waning. Which direction are you heading?

Read below for some helpful hints on staying motivated.

Set yourself up for success,

Dr. "G"

[drg@rivernorthchiro.com](mailto:drg@rivernorthchiro.com)



### Flipping the Switch: Turn Your Motivation On

Have you ever wondered how some people are able to maintain amazing bodies while you struggle with your weight?

They make it seem so easy to achieve and maintain results. What do they know that you don't? When you boil it down, the answer is quite simple.

The missing link between you and your ideal body is good old motivation.

A healthy dose of motivation coupled with determination will get you almost anything in life. So how do you know if you're genuinely motivated?

- Motivation will tell you to get out of bed for an early workout.
- Motivation will nag you to put down the doughnut.
- Motivation makes passing on fries a reflex.
- Motivation makes a sweat drenched workout exciting.
- Motivation constantly reminds you why you do what you do.

If your motivation levels are lacking, read the following four steps to turn

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 in the most efficient creation and transfer of energy through

on your motivation.

### **Step #1: Pinpoint Your Motivator.**

Motivation stems from having a goal. What is your goal? Why do you want to get into great shape?

Once you uncover your personal motivator you'll find that motivation flows quickly your way.

Take a minute to really uncover the reason that you want to lose the weight. Don't say something vague like you want to 'Be thinner' or 'Look more attractive.' Dig deeper – there is a very specific motivator in your life, you simply need to uncover it.

*Here are some possible motivators...*

- I want to have more energy to keep up with the kids.
- I want to improve my health through weight loss to extend and improve my life.
- I want to lose 15 pounds before my vacation.
- I want to restore my confidence to wear sleeveless shirts.
- I want to regain my figure to impress and attract my significant other.

### **Step #2: Make It Official.**

When you write something down it suddenly feels official, doesn't it? Write down your motivator for getting into great shape, and post it where you will see it often - next to your alarm clock, on the bathroom mirror, or in your car.

Each time you see your written motivator take a moment to visualize yourself accomplishing your goal. Try to make the scene as clear in your mind as possible. This is a powerful tool for maintaining your focus and direction.

### **Step #3: Be Practical.**

It's game plan time. You know what you want, and now you need to map out exactly how you'll achieve it. It is important to be practical in your planning, rather than throwing out ideas that you know you won't stick with.

With any weight loss goal it is important to 1) maintain a healthy low-calorie diet, and 2) participate in a consistent and challenging exercise program.

Plan a routine that will fit into your schedule and you'll be more likely to stick with it. Also choose an exercise program that you enjoy - don't

impact

- Great for your own use or share 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](#)

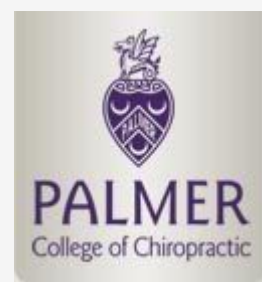
[DOC-IN-A-BOX](#)

[National Strength and Conditioning Association](#)

[Titleist Performance Institute](#)

[Golf Injury Certification](#)

### **PROFESSIONAL STUDIES**



Palmer Graduate.  
Practicing  
chiropractic physician  
since 1996.

force yourself to jog everyday if you hate jogging.

#### **Step #4: Call For Backup.**

Enlist the support of your friends, family and co-workers. Tell everyone about your goal to lose weight and get fit, you'll be surprised how supportive most people will be. By being open about your goals you'll likely be an encouragement to others to make healthy changes in their own lives.

The most effective way to ensure that you meet your goal is to enlist my support, your personal trainer. Together we will identify what really motivates you. Together we will design a workout routine that fits into your schedule and into your life. And together we will see it through until your goal is met.

Call or email me today to get started on the program that will transform your life.

#### **Plan Ahead**

Halloween is right around the corner, and candy seems to be everywhere. Most people use the holiday as an excuse to purchase their favorite treats, and end up eating far more of it than they should. Break out of the weight gain cycle by saying no to candy this year. There are plenty of non-edible treats that you can purchase for the kids, or stick with healthy treats like boxed raisins. By taking a minute to plan ahead you'll save yourself from countless calories.

#### **Easy Homemade Lentil Soup**



Few things are as comforting, on a brisk autumn day, than a bowl of hot lentil soup. This recipe is surprisingly simple with 5 minutes of prep and a cook time of just 30 minutes. Serve for lunch or dinner with a piece of hearty whole grain bread and a salad.

**Yield: 12 Servings**

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

- 7 cups water



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.



Certified golf injury

- 2 1/2 cup dried red lentils
- 1 large onion, minced
- 1 teaspoon turmeric
- Large pinch of cayenne pepper
- 4 tablespoons fresh lemon juice
- 1 teaspoon ground cumin
- Salt and pepper

1. Combine water, lentils, onion, turmeric, and cayenne pepper in a large soup pot and bring to a boil. Reduce heat, partially cover, and simmer until lentils have disintegrated, about 30 minutes.
2. Stir in lemon juice, cumin, salt and pepper to taste.

**Nutritional Analysis:** One serving equals: 148 calories, .8g fat, 25g carbohydrate, 6g fiber, and 11g protein.

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[Forward This Newsletter - Refer a Friend](#)

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

specialist.

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