

## Get Fit Newsletter (Ready for bathing suit season?)

07/01/2009



*"get you healthy back"*

### Exciting News!!!!

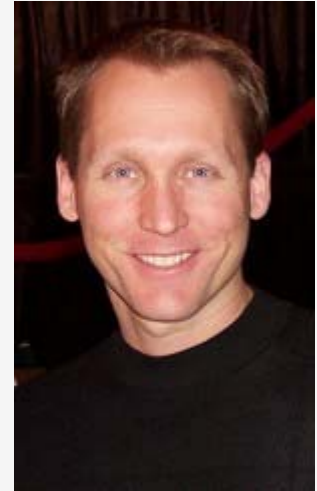


We are proud to announce the opening of our new clinic "River North Chiropractic" in the River North district of down town Chicago. Our facilities are located at 401 W. Ontario Suite 100 within the "Mike George Fitness Systems" studio.

MGFS is one of Chicago's premier personal training studios and offers numerous services such as personal training, metabolic testing, power ballet, dietary counseling, holistic nutrition, clinical weight loss, massage therapy and more.

We mutually support a paradigm of scientifically based care and

Refer a Friend - Click Here



Gregg

Hoffman D.C. CSCS, CGFI

River North Chiropractic

401 W. Ontario Suite 100  
Chicago, IL 60610

312-943-3484

[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*

programming. A restoration of the body's structural integrity is the foundation from which we create our unique individual prescriptions. Together we create a one stop shop with a higher level of service being paramount.

River North Chiropractic will be contributing clinical services of chiropractic, therapeutic exercise, and specializing in golf injury assessment, care, and prevention.

Dr. Gregg will still be available for your personal training, dietary counseling, and golf performance assessment and fitness prescription.

Our new web site will be up soon and will include:

- Clinical pearls & health tips
- Healthy recipe of the week
- Exercise of the week
- Our fitness store stocked with the tools used in the featured exercises

As we grow, look for the very cool addition of "Hard Body Café". A whole section dedicated to helping you live consistently with your healthy lifestyle objectives.

So join us now and in the future to help [Get Your Healthy Back](#).

Sincerely Yours,

Dr. Gregg



### **5 Beach Body Myths (and 3 Steps to Look Amazing)**

There's a good chance that you'll find yourself in a bathing suit sometime this month.

If you are like most people then that realization will 1) bring a grimace to your face and 2) will motivate you to lose some weight.

*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**

While I commend your desire to slim down before baring it all, I'm here to warn you of the 5 myths that most people fall for. Don't waste your time on these:

**Myth #1: Starve the pounds away.**

Attempting to lose weight by starving yourself is not only ineffective, it's also dangerous. It may seem that severe calorie restriction would deliver the quickest weight loss, but your body is complex and by doing so you'll disrupt your metabolism and slow your results.

**Tip:** Don't starve yourself - instead eat healthy small meals throughout the day.

**Myth #2: Take diet pills to boost your effort.**

It's so tempting! The commercials make compelling claims about the power of diet pills, but don't fall for it. The 'magic pill' has yet to be discovered (it has been discovered - exercise. It's just not in pill form...). Diet pills are more likely to damage your health and burn your pocketbook than to slim you down.

**Tip:** Don't pop a pill - instead burn calories with exercise.

**Myth #3: Do extra crunches to flatten your abs.**

We all want our midsection to look toned as we stroll down the beach, but excessive crunches aren't the answer for tight abs. In order to achieve a lean look you'll have to focus on burning off the layer of fat that is covering up your abs.

**Tip:** Don't obsess about crunches - instead focus on fat burning.

**Myth #4: Eat packaged diet foods for speedy results.**

It is amazing to see the kinds of foods that are packaged as 'diet' or 'weight loss' aids. More often than not these products are packed with refined sugar and other artificial ingredients that your body doesn't need.

**Tip:** Don't eat packaged diet foods - instead stick with nutritious whole foods.

**Myth #5: Avoid all carbohydrates in order to slim down.**

Carbohydrates have been given a bad rap, which is unfortunate because you can (and should) eat carbs while losing weight. The key is to stick with whole grains, oatmeal and brown rice while avoiding processed and refined flours and sugars.

**Tip:** Don't swear off all carbohydrates - instead stick with wholesome

**assessment**

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

carbs.

Now that you know what not to do in order to look great this summer, it's time to go over your beach ready game plan. Here's what you need to know in 3 simple steps:

- **Step One: Cut out the junk.**

The best way to do this is to start by purging your kitchen. Get rid of sugary, processed and fat-filled foods. Once the junk has been cleared out don't buy any more of it. Remember that your beach ready abs depend on what you eat - don't eat junk!

- **Step Two: Focus on whole foods.**

Replace the junk food in your life with plenty of the following: cooked and raw vegetables, fresh fruits, whole grains, moderate amounts of seeds and nuts, lean meats and low fat dairy. Clean eating really is that simple.

- **Step Three: Come train with me.**

This is the most obvious step. You're ready to get into great shape and I'm in a unique position to make that happen for you. Call or reply to this email to get started on an exercise plan that will make you look great on the beach, and all year round.

### It's Grill Time

Looking for something delicious to grill that won't derail your weight loss goals? Look no further than the produce section. Onions, bell peppers, eggplant, carrots, asparagus and zucchini are all great options to throw on the grill – and they can all be eaten guilt free.

### Mediterranean Lettuce Wrap



This wrap is savory and refreshing, and is the perfect meal to get you beach ready. I recommend roasting your own bell pepper, since most store bought roasted bell peppers are

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 playing your best golf today!

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

### LINKS FOR MORE INFORMATION

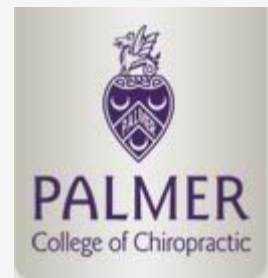
[MIKE GEORGE FITNESS SYSTEMS](#)

[Golf Injury Certification](#)

[National Strength and Conditioning Association](#)

[Titleist Performance Institute](#)

### PROFESSIONAL STUDIES



packaged in oil. To do so simply throw it on the grill until soft and then peel the skin after it cools.

**Servings: 1**

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

- 1 large leaf of lettuce
  - 2 slices lean turkey
  - 1 roasted red bell pepper, cut into 4 segments
  - 2 tablespoons garlic hummus
  - 1 tablespoon olive tapenade
1. Lay the lettuce leaf flat and spread with 1 tablespoon of hummus. Place the turkey slices on the lettuce and spread with remaining hummus. Sprinkle the olive tapenade over the turkey and top with the roasted bell pepper.
  2. Wrap the lettuce, use a tooth pick to hold it together.

**Nutritional Analysis:** One serving equals: 170 calories, 6g fat, 15g carbohydrate, 5g fiber, and 15g protein.

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chiropractic 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.



Certified golf injury specialist.

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