



"get your healthy back"

See yourself from a different point of



view.

Sometimes, your feet seem so far away, don't they? After all, your smiles, sneezes, winks, those holes for your ear buds, that hand bringing you your first morning sip of coffee — all of the really important stuff seems to be at or near the top of you. Your feet are, well, way down there.

But now, see yourself from a different point of view. Your feet are your foundation. They support you whenever you stand, walk, or run. Foot instability can be the cause of many postural problems throughout your body. A bad hair day

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Gregg

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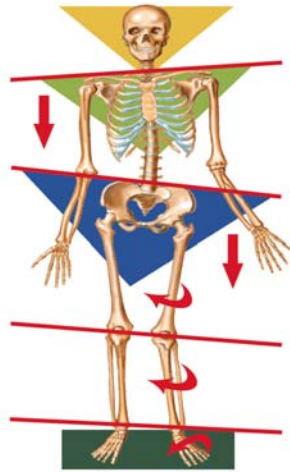
TESTIMONIALS

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

isn't going to make your feet sore, but bad feet can cause aches and pains all over.



We care about your feet. Chiropractic adjustments and Foot Levelers' custom-made Spinal Pelvic Stabilizers — a unique form of in-shoe orthotics — have helped thousands of people bring their bodies back to a natural state of alignment.



Call us today for your free scan!!!

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

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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**



Where Did the Time Go?

The number one reason why people don't exercise is that they don't have time.

At least that's what they tell themselves .

I know we are all busy. Between getting to and from work, balancing responsibilities and having time for yourself, there's little left over for workouts.

With the holiday season fast approaching your busy schedule is sure to get even busier. There will be parties, shopping, decorating, cooking and family gatherings. It's no wonder that exercise quickly takes a backseat to holiday activities.

You don't have to succumb to weight gain this holiday season. Escape the time crunch excuse in three easy steps:

Step One: Schedule Your Workouts: You've heard this before, and it makes so much sense. If you treat your exercise time with the importance of a work meeting then you'd never skip a workout and you'd be in amazing shape.

While the scheduling concept is brilliant in its simplicity, you have to put it into practice to reap the benefits. Pull out your calendar and a pen. Don't laugh, I'm serious! Just do it. If you want to get into shape it starts with committing to a revised schedule with a set exercise time.

Identify three 40-minute time slots and mark them on your calendar. That is when you'll exercise.

Remember this: if the thought that you should exercise this week is floating around in your head, but you haven't anchored it down to a specific time and date, then it will quickly disappear.

Step Two: Get the Most from Each Minute: The days of endless, mind numbing cardio are over. A great workout can take place in under an hour, when done correctly. The idea is to burn more calories each minute. This is done through short,

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

intense bursts of exercise.

Use the following three tips to bring your routine up to the next level:

1. **Be Unstable:** Use your entire body, and target your core, by performing exercises that engage stabilizing muscles. To do this use an exercise ball, a balance board, a balance disk, or you could simply stand on one leg.
2. **Add Resistance:** The more resistance that you incorporate with your routine translates into higher intensity and more calories burned. Some ideas for adding resistance include: carrying dumbbells while doing lunges, wearing a weighted vest while walking or jogging, or putting a weight between your feet while doing leg raises.
3. **Use Intervals:** Interval training is an amazing tool for creating short yet effective workouts. Don't worry, it's not complicated. Interval training is simply alternating between different short bursts of activity.

Here's an example: Let's say you want to focus on your legs and abs and to also get an effective cardiovascular workout. This would be a great interval routine for your goals:

- Lunge while curling dumbbells, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope, or jumping jacks
- Squat while pressing dumbbells overhead, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope, or jumping jacks
- Crunches on an exercise ball, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope, or jumping jacks
- Leg raises off the end of an exercise bench, 15-20 repetitions

Step Three: Twice the Results in Half the Time: What if I told you that I have a proven way to deliver twice the fitness results in half the time? It's simple really...

When you attempt to lose weight or meet a fitness goal on your own, the odds are stacked against you. Sure, you could do it over time – but it's a long and lonely road. A road lined with detours that threaten to undermine your progress.

When you start a program with me, you suddenly have the

in the most efficient creation and transfer of energy through impact

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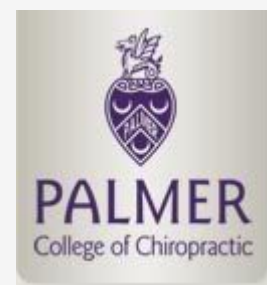
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[Golf Injury Certification](#)

PROFESSIONAL STUDIES



upper hand on weight loss. You have me in your corner, coaching you each step of the way, keeping you accountable to workouts and giving you that dose of encouragement when the going gets tough.

And I'll be the one congratulating you when your goal is met.

Call or email today to get started on a fitness program that will put exercise firmly on your calendar, and results squarely in your future.

Give Thanks, Get Fit

The year's most calorie-dense day is almost here—are you ready? Use this game plan on Thanksgiving to avoid gaining extra weight:

- Start your day of thanks with a fiber-filled breakfast.
- Take 30-60 minutes for a brisk walk or jog before the big meal.
- At the table, fill most of your plate with lean cuts of meat and vegetables. When you've filled up on the healthy stuff then simply taste the heavier dishes, rather than eating a large serving.
- Wait at least 20 minutes before you get a second helping. This is very important since it takes at least this long for your body to register how full it actually is. You may realize after 20 minutes that you don't want seconds after all.
- Enjoy a warm serving of Grilled Fruit for dessert instead of pie. Use the recipe below!

Grilled Fruit



We are entering the holiday season, a time when sugar-and-fat laden desserts will materialize wherever you go. Wait! Before you forego your fitness goals for another piece of pie, try this simple recipe.

Fruit is nature's candy - it's sweet, delicate and delicious. Grilling fruit extracts the natural sugar, making it a warm, tasty treat. Serve seasonal grilled fruit for dessert this holiday

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CERTIFICATIONS



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season - you'll lose weight without depriving your taste buds.

Yield: 2 servings

Here's what you need:

- 1 mango (or apple, pear, melon, pineapple)
 - 1 banana (or fig, apricot, papaya, peach, nectarine)
 - Dash of cinnamon *optional*
 - Grill pan
 - Non-stick cooking spray
 - Wooden skewers
1. Submerge wooden skewers in water for 15 minutes. Cut fruit into chunks, thread onto skewers.
 2. Lightly spray a grill pan over medium heat. Place the fruit skewers in the pan. Sprinkle with cinnamon, if desired.
 3. Grill for 5 minutes, or until dark grill lines appear. Flip the fruit over and grill the other side.

Nutritional Analysis: One serving equals: 120 calories, .5g fat, 31g carbohydrate, 3g fiber, and 1g protein.

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



Titleist certified golf fitness professional.



Certified golf injury specialist.

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