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Your Peak Performance Coach

THIS ISSUE'S EXERCISES

Perhaps you've heard that one of the most important paths to creating or regaining a strong, healthy, and stable back is by exercising your stomach.

This is absolutely true. To add some clarity however, let's broaden the scope of what's really meant by this. The word stomach should be replaced with the term "core" and include not only the front abdominal muscles, but the side (oblique), low back (extensors), glutes, and deep intra-abdominal muscles known as the TVA (transverse abdominus). The latter of which is probably the most important in developing integrity in the region.

For the sake of this discussion, we'll focus on the TVA. Why, because without first learning how to engage this muscle group properly, your efforts will at best be less effective and even lead to injury.

Think of this muscle group as a belt rapping around our mid section. When engaged properly, it increases the internal pressure (intra-abdominal) through the low back and abdominal region. This acts as a stabilizer for these structures allowing you to execute whatever movement or exercise you are attempting safely and effectively.

Below is a drill/exercise that can be used to learn how to

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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 made us better golfers and we have significantly lowered our handicaps.

engage as well as strengthen it:

1. First phase
 - a. Raise the legs up so the hips and knee are at 90 degree.
 - b. Pull or draw your navel in toward your spine tightly taking a few deep breaths while trying to maintain this. This is called diaphragmatic breathing and may prove difficult already for some.
 - c. Then, holding the navel in, press the small of your back into the floor. You may want to use your hand to make sure you're keeping contact.
 - d. Hold for a 30-60 second duration, then release. Repeat 3-5 times.
2. Second Phase
 - a. Assume the position from phase one.
 - b. Then slowly extend one leg to about a 45 degree angle.
 - c. Hold this position for a moment and return just as slow.
 - d. Try the second leg and alternate on each side. Start with 5 and work your way up to 15.
3. Phase three
 - a. Again, assume the phase one position.
 - b. Now, slowly extend both legs out to a 45 degree angle.
 - c. Return just as slow. Repeat 5-15 times.

It's essential that you do not allow the lower back to arch up. This will encourage faulty engagement patterns and increases the low back stress greatly. So go on, "get your healthy back".

Dr. Gregg



It's Anyone's Game

When was the last time that you accomplished something huge?

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 assessment** before the season

That's an easy question for Helen Phillips.

Last month Helen wowed the world with her dramatic transformation on the NBC show *The Biggest Loser*. At 48 years of age she is the oldest contestant to win the weight loss competition, shedding 140 pounds and 54.7% of her body weight.

I'd call losing more than half of your body weight a huge accomplishment - wouldn't you?

The crazy part is that Helen was clearly the underdog. She was simply too old and too fat to win. At least that was what the other contestants thought.

And that's what Helen thought too.

"I never believed in myself in the beginning," she admits. However when a doctor told her that she was living in the body of a 60 year old woman, Helen got serious.

"I'm tired of doubting myself," she decided and something inside of her head clicked into place. "The minute I started doing that, things changed for me."

And, oh, how she changed.

Helen buckled down and made losing weight her only focus. Her hard work paid off, giving her the prized title of the Biggest Loser.

She accomplished something huge and now her life is vastly improved. "I feel so good! I feel like I can do anything," she told reporters with a huge smile.

Helen also had a message for you. "If I can do it, you can do it."

I have to agree with her.

If a 48 year old, 257 pound woman can transform her body from a size 22 to a size 2, then anyone really can do it. Think for a moment of that huge accomplishment that you haven't made. Maybe it's a weight loss goal that you've had for years. Maybe it's something completely unrelated to your weight.

What's holding you back?

Are you afraid you'll fail?

The fear of failure is a powerful thing. No one likes to fail, and

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

repeat failure is even worse. So what can you do to conquer it?

- Realize that failure isn't the worst outcome. Not trying is.
- You only fail when you decide to give up. Get up and try again!

Are you afraid you'll succeed?

You may not realize it, but most people fear success. Success means change and change can be scary. It is important that you embrace the idea of success and ditch any negative self talk.

- Close your eyes and picture yourself accomplishing your goal. What will that accomplishment do for your life? List the benefits you'll enjoy.
- Spend a few minutes each day visualizing yourself accomplishing your goal. How great does it feel? Savor those victorious emotions and use them to drive your motivation.

Helen didn't believe in herself, until one day she decided that she was done doubting.

Are you done doubting?

When you're ready to transform your body, like Helen did, I'm here to help. Is NOW a good time? Call or email, and let's get started on a program that will really improve your life.

It's your turn to accomplish something huge.

Who Knew?

While being interviewed after her victory Helen revealed the secret behind her staggering weight loss. "Who knew diet and exercise really were the answer?" It always comes back to diet and exercise. When it comes to losing weight forget about the fad diets, the pills and the potions. Focus on your diet and focus on your exercise plan then you too will see amazing results.

Mango Marinated Tofu

and transfer of energy through impact

- Great for your own use or share with your pro

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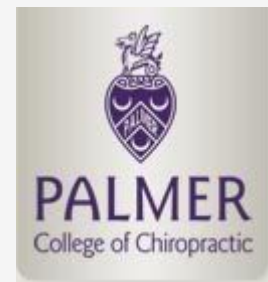
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PROFESSIONAL STUDIES





It's mango season! If you've been hesitant to try tofu then this is the perfect recipe for you. The mango and ginger marinade gives the dish a sweet and tangy flavor that is hard to beat. Choose mangoes that are ripe, but not overripe. The fruit should give only slightly when squeezed. Serve with brown rice and fresh steamed broccoli.

Yield: 6 serving

Here's what you need...

Marinade:

- 2 teaspoons olive oil
- 3 cloves garlic
- 3 tablespoons chopped ginger
- 1/4 cup chopped yellow onion
- 2 large mangoes, chopped
- 1/4 pure maple syrup
- 1 cup vegetable broth
- 2 tablespoons red wine vinegar
- 1/4 cup lime juice
- 1 cup orange juice
- 1/4 teaspoon allspice
- Dash of pepper
- Dash of salt

Tofu:

- 2 pounds extra-firm tofu, drained and sliced
 - 1 mango sliced
 - 1 red bell pepper, cut into long slices
1. In a medium saucepan combine the oil, garlic, ginger and onion, saute over medium heat for about 5 minutes. Add the chopped mango and sauté for another 5 minutes.
 2. Add the maple syrup and vegetable broth, cover and simmer for 35 minutes. Uncover and simmer for another

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- 5 minutes.
3. Add the vinegar, lime juice, orange juice, allspice, pepper and salt. Allow the mixture to cool and then puree in blender until smooth.
 4. Place the sliced tofu and mango marinade in a sealable plastic bag or a plastic container with lid. Marinate in the fridge for one hour or overnight.
 5. Preheat the oven to 375 degrees. Place the marinated tofu in a single layer on a rimmed baking sheet, reserving half of the marinade. Bake for 20 minutes.
 6. Flip over the tofu. Coat the remaining mango slices and pepper slices in marinade and add to pan. Bake for an additional 15 minutes.
 7. Serve with brown rice and steamed broccoli.

Nutritional Analysis: One serving equals: 219 calories, 1g fat, 7g carbohydrate, 4 g fiber, and 9g protein.

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