

Healthy Balance Chiropractic & Wellness Center, P.C.
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Dr. Drill Instructor
“Change Before You Have To”

Dr. _____,

My name is Dr. Aaron Oberst, and I am the director of Healthy Balance Chiropractic & Wellness Center. This correspondence is in reference to a mutual patient, _____ . This individual has expressed interest in taking part in a health mentoring regimen which I lead, termed the Dr. Drill Instructor Program. A former USMC infantry Sergeant and squad leader turned physician, I am making it my business to ensure that my patients, and the general public fully understand their active role in preventing disease before it strikes. As physicians, we understand that a large segment of the population is fertile ground for chronic disease. While our passive regimens are often effective at treating these conditions once they are well established, as the Dr. Drill Instructor, I am influencing the patient to *“change before they have to.”* The Dr. Drill Instructor Program involves a group exercise regimen, education, discipline, and motivation for lifestyle change in one package. We choose to emphasize the latin root of the term doctor, “docere”... meaning to teach. Living by example is our philosophy.

_____ has chosen to take the initial steps requisite to gleaning an owner’s manual for his/her own body. True to the mantra, “always consult your physician before engaging in any exercise regimen,” I ask that you consider performing a full examination on this patient to rule out contraindication to participate in the Dr. Drill Instructor Program. I will also be performing a thorough examination and pre-post health and fitness assessment, the results of which I may forward to you. Understand that said program is physically and mentally rigorous. Also consider that all exercises will be performed as fast as the slowest individual, and that safety measures will be taken to remove any likelihood of injury.

Dr. _____, I welcome any inquiries regarding the Dr. Drill Instructor Program. I consider a team approach invaluable, as we will appreciate a collective influence on this patient’s health. Lastly, I would like to invite *you* to come and sample the course. I am in the process of amassing a group of health professionals that will mentor the community to better health. Prerequisites are to be physically fit, have a prevention-based mindset, and a passion for teaching people how they may live better. If you have an interest or would like to discuss specifics, please contact me personally or visit www.drdrillinstructor.com to learn more.

Semper Fidelis,

Aaron Oberst, D.C.
“ DR. DRILL”

