

Bringing People Together

February 2022

# PLAINFIELD

## Neighbors

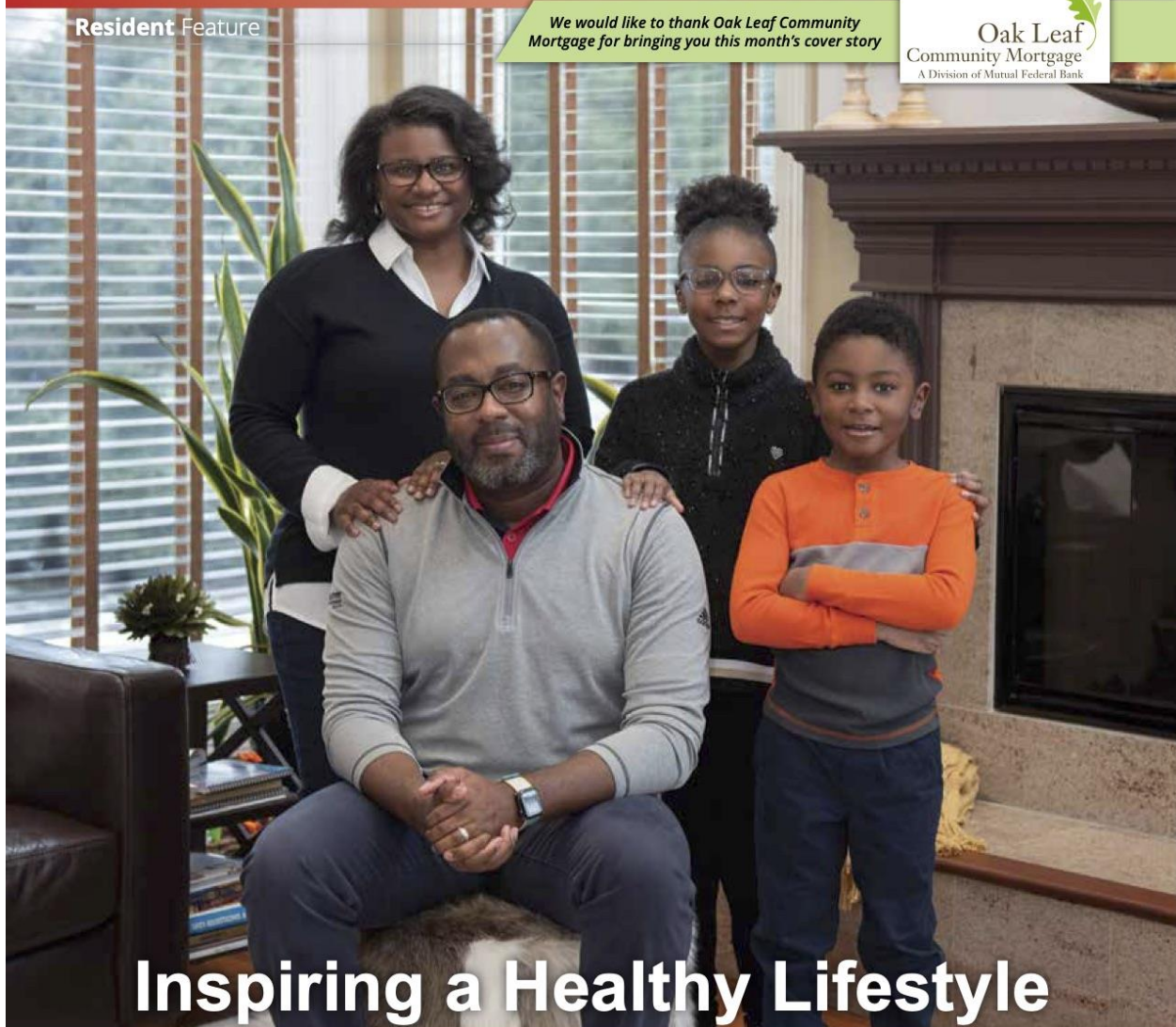


**Inspiring  
a Healthy  
Lifestyle**

*Meet Dr. G and  
the Gomez Family*

  
Best Version Media

Cover photo by  
Alexander Photography



# Inspiring a Healthy Lifestyle

## Meet Dr. G and the Gomez Family

By John Stein | Photos by Alexander Photography

**M**ark and Tiffany Gomez went on their first date in the summer of 2007. Mark says they hit it off so well that they actually closed the restaurant where they were dining. Mark grew up in the north suburbs of Chicago in a small village called Hawthorn Woods and Tiffany grew up in Milwaukee. Mark confirms what you are probably thinking – yes, she's a Packers fan.

Mark was living in Oak Park and Tiffany was living in Chicago before they moved into Plainfield's Grande Park neighborhood a few months before their wedding in September of 2010.

"We found and purchased the perfect home a few months before our wedding. We wanted a quiet neighborhood to

settle in that would be great for raising the family we hoped to have someday," says Mark. "Also, I wanted to be relatively close to work, especially if I needed to 'round on' patients in the hospital. Additionally, there were several physicians that I knew from Edward Hospital that also lived in Grande Park at the time."

### Education/Careers

Mark attended Washington University in St. Louis and Loyola Stritch School of Medicine where he graduated with his Doctor of Medicine in 2004. After serving his residency in Internal Medicine at Loyola, he graduated in 2007 and began his medical practice at Edward Hospital. A Board-Certified

Internal Medicine Physician practicing out of Edward Hospital in Naperville, he is also a member of the American College of Lifestyle Medicine. Mark is the Founder and Chief Executive Officer of MDG Wellness, LLC, a firm dedicated to delivering health and wellness programming via Web, social media, digital media, public/private partnerships, and corporate events.

Tiffany did her undergraduate work at the University of Chicago and majored in Economics. She's interned for Goldman Sachs' investment banking division in NYC, as well as worked in the Midwest for Deloitte and Aon. Currently, she is the Chief Operating Officer for the family business, MDG Wellness, LLC.



### The Family

Mark and Tiffany have two children: Ava, 10 is in 4th grade; and Evan, 7, is in 2nd grade. Both children attend Grande Park Elementary School in Plainfield. Ava's favorite subject is math and Evan is just taking it all in.

Ava, a Level 7 gymnast who trains at Premier West Gymnastics Academy in Oswego, is always looking forward to her next competition. Evan, who loves his extracurricular coding, LEGO robotics, and art classes, is also our resident Minecraft expert. Mark says that while they do not have any pets, the family does indulge in the guilty pleasure of binge-watching

veterinarian shows on Disney+. Their favorite is Critter Fixers: Country Vets.

"Like any parent these days, we live vicariously through our children, so their hobbies are our hobbies! They keep us on a busy schedule, but we remain a family that is deeply rooted in faith. We've been worshipping at Calvary Church in Naperville for years," says Mark. "We also enjoy trying new restaurants and traveling."

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## Feature Continued

Tiffany, who previously served on the Next Generation Board of the DuPage Children's Museum as well as the Patient Advisory Committee at Edward Hospital, enjoys practicing yoga and curling up with a good book.

"I'm into comics myself – I started reading them several years ago. My favorites are Star Wars, Green Lantern, and Black Panther," says Mark, who previously served as chairperson of the Health & Lifestyles Committee of the DuPage County NAACP and has participated in health-related events for countless non-profit organizations.

According to Mark, Grande Park remains a quiet and family-friendly community with a great mix of people from various backgrounds which was important to them when they chose it for their home. "We've had the pleasure of meeting many residents who believe in raising healthy families and striving for success in what they do," he explains.

### Free Time

When it comes to sports, Mark says Tiffany has all the bragging rights in the Gomez Household for football. "My Chicago Bears cannot seem to muster up a victory against her Green Bay Packers!" he says. "By the way, I literally cried when my Cubs won the World Series."

On the topic of local food, Mark says they have some definite favorites. "Best burger in town is from Sovereign, in my opinion, even when they were in their old location. If there was an award for Best Brussels Sprouts in Plainfield, they'd get our vote too. For a quality cup of coffee, we've been known to frequent Crema Coffee House," says Mark. "My wife and I have also shared a few breakfast dates together at Hopscotch & Vine. On Wednesday mornings you may find me over at Larry's Diner with an awesome group of entrepreneurs called Above & Beyond Networkers."



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### Healthy Podcasts

In partnership with Edward-Elmhurst Health, Tiffany and Mark co-produce Health 360 With Dr. G, A Healthy Driven Podcast, which appears on Facebook, YouTube, Health360Podcast.com as well as Apple Podcasts, Google Podcasts, and Spotify. They produce a few 45 to 55-minute episodes each month.

According to Mark, their podcasting journey began in the spring of 2018, when they launched the first episode of To Your Health with Dr. G and they went on to produce 93 episodes before deciding to move on to their next opportunity.

"That was such a fun time filled with so much growth – I was becoming more comfortable as a host while my wife taught herself as much as she could about video editing, branding, and social media management. Those episodes haven't disappeared by any means and their relevance is still valuable today," says Mark. "All you have to do is search for To Your Health with Dr. G on social media or your favorite podcasting app, pull up a chair, and enjoy whichever topic you want to hear about on-demand."

Health 360 With Dr. G, A Healthy Driven Podcast features conversations with experts in an effort to inform and inspire a healthy lifestyle. "Tiffany and I truly believe that we were called to serve others. We saw a void in relatable health programming in our marketplace, so we decided to dive in and haven't looked back since. We use our platform to make health less intimidating and to provide resources for people to live to be the best version of themselves each day."

Mark says their family has a motto: Positive mental attitude and gratitude. "We say this to our kids every day. We also tell our kids that they belong in every room that they step into, that success is a mindset, and to always be kind."

