



15 Questions in 60 Seconds With Elliot Goodrich

Chiropractor and Flexicore Instructor



1. What would you name the autobiography of your life?

“90% of accidents occur in the home”

2. If you could learn to do anything, what would it be?

I’d learn to speak Swedish fluently. My in-laws and wife would be grateful.

3. If you won the lottery, what is the first thing you would do?

Book a mountain holiday! Either skiing or mountain biking.

4. If you have 30 minutes of free time, what do you like to do?

Reading about bikes or playing the guitar.

5. If you could be any fictional character, who would you choose?

Tony Stark.

6. What is something you learned in the last week?

How to cook crispy Chinese style duck.

7. What’s your favourite indoor / outdoor activity?

Riding bikes in the woods. Any weather will do.

8. What chore do you absolutely hate doing?

Ironing. I put it off until I have almost run out of shirts.

9. If you could meet anyone, living or dead, who would you meet?

David Bowie.

10. Have you ever had something bad happen to you that you thought was bad but turned out to be for the best?

My regular rugby injuries as a teenager are the reason I’m a chiropractor and also the reason I met my wife because we met whilst studying.

11. What three traits define you?

Energetic, enthusiastic, outdoorsy.

12. Ten years ago, who did you think you would be now?

Someone fairly similar to my current self but I doubt I would have expected to be married!

13. What would you do (for a career) if you weren’t doing this?

Some sort of mountain guide, bikes in summer and skis in winter!

14. What would you most like to tell yourself at age 13?

Slow down a bit doing dangerous things! (or even completely mundane things that turn out to be dangerous afterwards!)

15. What is your favourite thing about working at Durham House?

Getting paid to do my classes! I’ve benefited so much from them over the last 3 years. I was not flexible at all when I started!