

Hello Turn Members,

I can not believe it is August already! It has been a challenging summer, but we all made the best of it! We appreciate your patience with the new guidelines that help keep us all healthy. We were blessed to have had some events that we enjoyed and hope to continue as long as we can stay safe.

As you all know, we started the new Vagaro program. You have received a "few" emails and texts reminding you of your program day and time through the end of October. It worked! Last week everyone who was supposed to be at program was there and only one person who wasn't supposed to be there showed up. I call that a success!!! Thank you for your efforts with the new program, as you use it you will get comfortable and wonder how we managed without it!! You will be able to sign up for activities like Yoga, Golf Socials, and Bocce Ball at your own convenience and stay safe by not handling pens and signup sheets. Down the road, this new process will give you the opportunity to sign up for extra program classes where there are openings. Just a reminder for the Tuesday A group. You do not have program on Tuesday, August 18th. Your next scheduled program is Tuesday, September 1st.

The focus for the next 2 weeks will be Advantages of Walking on the Fitness side and Up and Down on the golf side. Trevor and Erin will be running through a drill that will serve as a test to provide you with a % of success over the course of 18 holes. They will retest you later to gauge improvement. You will need 1-2 clubs to chip with (Ex: Wedge and 8 Iron) and your putter.

Your Program Coordinator - Shellie



### Benefits of Walking by your intern...Michael!

We are all told to get up and move to keep ourselves healthy and happy. By incorporating walking into your day to day life, you may find that you have an easier time getting in and out of the car, better balance, more endurance and improve your overall well-being. Walking has been linked to several benefits, including:

- 1. Weight loss/burning calories/ heart disease**  
- Walking, especially when golfing, is excellent exercise. It is estimated that you burn roughly 1,500 calories walking and or pushing a cart, and 1,300 calories while riding in a cart.
- 2. Lower Blood Sugar**
- 3. Ease Joint Pain**  
- Walking helps keep joints lubricated and strengthens the muscles that support those joints. It has also help so reduce pain with those with arthritis.
- 4. Boost Immune Function**  
- A study found that adults who walked during the flu season had fewer sick days and also showed fewer symptoms.
- 5. Boost Energy and Mood**
- 6. Build muscles/ tone legs**  
- Exercise and weight bearing, as some members experience in adapted carts, can increase muscle definition and bone density.
- 7. Increase creative thinking**  
- Studies have shown that walking can increase creative thinking and the flow of ideas.

Here at The Turn we want to improve balance, coordination, flexibility and mobility, not only with golf, but also with walking. Walking the Turn golf course allows you to meet your exercise and social interactions goals. I encourage everyone walk and improve their lives. If you are unable to walk or have difficulty walking because of a disability alternative forms of exercise that can also have a similar effect are tai chi, hand-crank bike, stationary bike, meditation, elliptical or use an adaptive device like our single carts. So, let all get out there and start walking!



### Are you up or down? (Hopefully both!)

The term up and down does not just refer to your mood out on the golf course, but it has a second meaning as well. Up and downs can be defined as the following: The percent of time a player misses the green and takes 1 shot to hit the ball onto the green, and 1 shot to make the subsequent putt. Usually it refers to chipping "up" to the hole in one shot and putting "down" into the hole on your next shot. When you take advantage of an up and down opportunity you are going to have a positive impact on your score. Think of it like a chance to correct a mistake, the mistake being a previous shot that was taken on that hole. A successful up and down can also have a positive effect on your psyche by boosting your confidence as you head to the next hole.

The golf portion of your clinic this week will focus on getting up and down. We will be working with all members on both chipping and putting to gauge their level of success in up and down situations.

Keeping track of your up and down statistics can be a great tool to help you figure out where you might be losing strokes. Once you have figured out your current average of success it can help you to set realistic goals while also providing motivation for measurable improvement. The chart below is meant to provide a basic idea of how golfers of different skill levels might be compared by up and down percentage.



**Thank you to our Turn intern, Michael, for a great summer. He will be leaving us for school on August 14. We hope everyone got a chance to meet him. Hopefully it won't be the last time you'll see him!**