

Hello Turn Members,

I hope you are well and enjoying the dog days of summer! It seems to have been a roller coaster this August having a hot week, then a cool week, followed by a humid week. I guess that's what we get living in Cleveland, if you don't like the weather wait 15 minutes!!

Labor Day is just around the corner and as you all know, by looking at your schedule, we do not have program that week. The good news is on Tuesday, September 8th at 10:00 am we have a Golf Social and on Wednesday, September 9th at 10:00 am we have Bocce Ball. To sign up for these activities use your Vagaro app on your phone or sign up on your computer using the email you received to register. Call me if you have questions at 216-288-7793.

The focus for the next 2 weeks will be A Breath of Fresh Air on the Fitness side, working on breathing exercises and Think Before You Swing on the golf side, working on your pre-shot routine. You will need 1-2 clubs to chip with (Example: Wedge or an 8 Iron) and your putter.

Your Program Coordinator - *Shellie*



## A Breath of Fresh Air

Breathing exercises is a topic I have wanted to present for years. Diaphragmatic breathing exercises are usually introduced as part of a rehabilitation plan because it plays an important role in stability, posture, pain control and muscle control all of which are important components needed to develop an efficient golf swing. By strengthening the diaphragm, we can decrease oxygen demand, slow down your breathing rate and decrease the amount of energy you use to breathe during everyday activities.

Breathing consists of two steps, inhalation and expiration. The active process of inhalation, results in the contraction of the diaphragm moving the ribs upwards and outwards allowing the chest cavity to expand. During exhalation, the diaphragm and other accessory muscles relax, and air moves out of the lungs. Unless you are exerting yourself, as in exercising, exhalation is a passive, not active movement.

Turn members who take advantage of our Golf Yoga program, practice breathing exercises during their sessions so they can use proper techniques during our core programming and a round of golf. Johns Hopkins Medicine has found that viruses, such as COVID-19, can have severe effects on the respiratory system making it even more important to improve your respiratory function.

During our next golf fitness sessions, we will practice some diaphragmatic breathing in sitting and during warm up exercises so that all of you can get a breath of fresh air.



## Think Before You Swing!

There are many things that help us be successful on the golf course other than a good swing or proper technique. Golf fitness, consistent practice and proper equipment are certainly important but often overlooked is the mental side of the game. Exercising course management, learning to control your thoughts and emotions and establishing a consistent pre-shot routine are great ways to make sure that your mental side of your game is helping you, not hurting you. The focus of this article is the pre-shot routine.

Think of a pre-shot routine as the actions a player takes from the time they select their club until they begin their swing. A pre-shot routine should be consistent and repeatable to help create the best results. Although pre-shot routines are very individual they typically share some basic components such as:

- Placement of hands on the club
- Aiming the club
- Body Alignment
- Certain number of waggles
- Breathing techniques (see Gina's article!)
- Number of looks at the target
- Shot visualization

When developing your pre-shot routine please remember a few key things. The goal of your routine is to help prepare you for the task at hand which is hitting the shot. Think of it this way... your pre-shot routine helps get rid of any unwanted thoughts because your focus is on the relevant tasks associated with your routine. This leaves little to no room for these extra thoughts. Once the routine is finished it makes it much easier for you to "pull the trigger" on your shot instead of standing over the ball forever unable to control your thoughts. Like anything else, a pre-shot routine might take a little time to develop but once you practice it enough it becomes automatic on the golf course. It is also important to note that it is very common to incorporate different routines for different shots. For example, you may not have the same pre-shot routine for chipping as you do with a full swing. At the upcoming Turn clinics we will help to define and develop your pre-shot routines so that you can make the important mind-body connection needed to help you perform better and lower your scores.