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Hello Turn Members!

We are excited for another fun week of interactive virtual clinics where we all get to work on improving our fitness and golf at the same time! We have a couple reminders for you this week. The Turn is offering the first installment of our annual Educational Guest Speaker series on Thursday February 18th at 11:00 AM. The speaker is our Yoga Instructor Judith Eugene and the topic is:

Introduction to Holistic Health Care

Members will learn about the physical, mental and emotional benefits of yoga, Tai Chi, Reiki, Feng Shui and meditation. Learn how these different techniques help to improve health and well-being, as well as promote relaxation and stress-relief.

As of now, this session is scheduled to be conducted via ZOOM ONLY but there is a possibility that we may be able to have Members attend in person as well. Obviously that is all dependent on what happens between now and then. If you would like to attend this installment of our Education Series, please reach out to Shellie to register and let her know if you would be attending via ZOOM or In-Person (Only if that option is available). Last week was our first week offering our third and newest Yoga class which is Chair Yoga on Thursdays at 11:00. This is a great time of year to add our yoga classes to your weekly fitness routine as yoga can help you in so many ways both on and off the golf course. Please register for yoga through Vagaro or by contacting Shellie.

We are now creating a printable monthly calendar of events for all our Turn members. This monthly calendar will show all the different programs offered throughout the month and will include other special days including Turn members birthdays. To access the calendar, go to jointheturn.org, click on the Member Newsletter and Updates banner at the top of the page. Once you are on that page, scroll down just below the weekly ZOOM links and click on **DOWNLOAD VIRTUAL JANUARY CALENDAR** to open the document for viewing or printing.

Lastly, will need the following items for the clinics this week. If you do not have them, it is ok, you are still able to participate:

Sturdy Chair
Light weights/exercise band/soup cans
Golf Club(s) – up to 3 clubs if you wish
Golf Ball
Water

Please remember, you are allowed to attend more than one clinic session throughout the week.

See you soon-
The Turn Staff

Weekly Fitness Focus How Mobility Influences Your Golf Game

Do you want to prevent injury? Is one of your goals to hit the golf ball further and avoid golf swing characteristics like the chicken wing? If you said yes, then Zoom into the golf clinic this week to learn some exercises that you may benefit from.

This week, our focus is upper body mobility. We will target your neck, upper back, and shoulders. Slices and hooks can be caused by lack of mobility. Increasing mobility will allow you to move through greater range of motion, which can lengthen your golf swing and prevent unwanted swing characteristics. Most importantly, increased mobility can prevent injury.

Mobility is a combination of joint range of motion and muscle flexibility. Disabilities, changes in bone and muscle structure due to aging, and surgeries can all effect your golf game. In our program we have discussed the need for the pros to build a swing around limitations that cannot be changed such as a bone fusion or lack of movement in a prosthetic leg.

This week, we will guide you in a self-assessment of upper body mobility. We will also demonstrate a few mobility exercises you can do at home.

Weekly Golf Focus Aim High! (or at the hole)

This week we will focus on Aim and Ball Position from both an individual standpoint and how they are related to each other.

These will be the final steps to making sure you have a consistent and correct pre-shot routine because you understand your pre-swing fundamentals. Without proper aim or ball position, it doesn't matter how good your swing is, the ball will usually not go where you want it to go. Pre-swing fundamentals and pre shot routines are perfect areas of your game to practice at home. You can do it while your watching tv or relaxing at home because you don't have to swing the club to improve your game!

Things you'll need:

Club(s) – up to 3 clubs if you wish
Ball