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Hello Turn Members!

What an exciting three weeks of Virtual Programming! It has been great seeing so many Members during our virtual clinics and we are so glad that some of you are attending more than one clinic session per week. Please feel free to reach out to us with any feedback regarding our current clinic sessions. We would like to hear what you enjoy the most and if there is anything you would like to see added or certain topics related to golf, fitness or wellness that you would hope to learn more about. Please email your feedback to Trevor at thazen@jointheturn.org. 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.

We feel that all Turn Members will benefit from this program so we hope that you will join us for this special event. If interested, please register by contacting Shellie.

I encourage all Turn Members to continue workouts and golf drills on their own throughout the week. All of our past clinics are available for you to access in the archive section of our website jointheturn.org. If you are interested, please don't forget to sign up for Yoga this week either through Vagaro or with Shellie and if you have any questions regarding the Member Annual Fee information that you received please contact us.

We can't wait to see you this week as we discuss Lower Body Mobility and how your Rotation helps determine your Swing Plane!

Your optional list of items for this week includes:

Sturdy Chair
Weights/exercise band/soup cans
Water
Golf Club(s)
Alignment Rods
Golf Tee

See you soon-
The Turn Staff

Weekly Fitness Focus Getting Down to Earth

Last week's fitness lesson focused on upper body mobility and how increased joint range of motion and muscle flexibility can improve daily functions, eliminate unwanted golf swing characteristics, and most of all, prevent injury. Lower body areas that golfers must target are the hips and ankles. As mentioned last week, physical disabilities, changes in bone and muscle structure due to aging, surgeries, prosthetics and leading a sedentary lifestyle can all effect your mobility, and therefore, your golf game. When factors exist that cannot be changed, the pros can modify your golf swing around those limitations.

We draw our greatest power during the golf swing from the lower body. Hip mobility and stability are targeted during each golf fitness session in order to build a strong foundation while allowing freedom of movement. Ankle mobility is often overlooked even though the ground forces producing our power move through our feet. A common swing characteristic associated with decreased ankle mobility is loss of posture, such as standing up too early during the golf swing.

This week, we will demonstrate how the fitness team assesses lower body rotation and suggest exercises you can do to improve your mobility. Members will perform self-assessments if they are safely able to. For those who use single rider carts, we are briefly discussing forearm and wrist mobility.

Weekly Golf Focus Swing Planes, NOT Trains and Automobiles!

This week we will be talking about Swing Plane and Rotation. Our first week of in-swing fundamentals!

You will find out this week why your ball might not get in the air as much as you would like or why your divot may sometimes go farther than your ball. You may also learn one of the reasons your ball does not travel as straight as you would like. Working on your shoulder and hip rotation will help you with your rotation during your swing, which will in turn help your swing plane. Working on your rotation means learning the correct way to rotate first, followed by increasing your rotation.

If you would like to follow along with on the golf side this week you will need the following:

- A sturdy chair
- Room to turn
- Club and/or alignment rods
- Golf Tee