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Two Week Edition

Dear Members:

It is an exciting week at The Turn as we begin our return to in-person programming. This week (March 1-3) will be a scheduled week for GROUP B to attend in-person. Members in Group A are scheduled for the following week. Any Member in Group A can attend the virtual session that we will offer on Wednesday mornings at 9:00 am. The same would apply for Members in Group B the following week. To help you be prepared we would like to remind you of a few things as we begin our in-person programming:

1. If you cannot attend, please cancel your appointment in the Vagaro app or contact Shellie.
2. Please make sure to have a mask with you
3. Please review the Indoor Programming Policies listed below.
4. If possible, print and sign the last page of the programming policies to bring with you your first week (we will also have copies available for you to sign your first in-person session)

[Click here to view the Indoor Programming Policies.](#)

***All members attending in-person programming have been contacted and given their group assignment, session time and start date. If you do not know your Group, session or start date, please contact Shellie ASAP**

If you are attending In-Person classes this week, you can bring a wedge, a putter and some water.

If you are attending our Virtual Class, the list of optional items for this week is below:

Sturdy Chair
Weights/exercise band/soup cans
Water
Golf Clubs (Wedge and Putter)
Golf Ball
Golf Tee

We can't wait to see you this week-

The Turn Staff

Weekly Fitness Focus

Benefits of Strengthening Exercise

Strength training is key to maintaining muscle tone and bone density, which lowers the risk of falls and injury. It is recommended that you do strength training two or three days a week. That can be lifting weights or using weight machines. You can also use stretch resistance bands or even your own body weight. Movements like squats and modified pushups can help you build strength, and they're great because they mimic the activities of daily living. Squats, for example, help strengthen the muscles you use when getting into the car or getting up from a low chair and help with stabilizing your core.

There are various types of strength training:

Isometric- During isometric exercises, the muscle doesn't noticeably change length and the affected joint doesn't move.

Isotonic- Exercise when a contracting muscle shortens against a constant load, as when lifting a weight.

Isokinetic- Exercises using specialized exercise machines that produce a constant speed no matter how much effort you expend. These machines control the pace of an exercise by fluctuating resistance throughout your range of motion.

Plyometric- Exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (ex: jumping)

Before starting a new exercise program, talk to your doctor. They can give you advice about what is and is not safe. That is especially true if you are taking medications or have any chronic conditions such as lung disease or heart problems.

As you get started, it is worth seeking help from the experts. Look for a certified strength and conditioning specialist or a certified personal trainer. They can help you find enjoyable ways to exercise safely.

Once you get the all-clear, start slow and know your limits.

Preventing Golf Injuries

Take these steps to reduce the risk of injury.

Warm up: It's important to warm up your muscles before any activity. Five or 10 minutes on the elliptical machine or stationary bike gives you a good light warm-up before activity.

Stretch: Incorporate a good flexibility program alongside your strength training program. Whether it's yoga or a simple stretching routine, it will help you stay flexible and decrease the risk of tendon tears and other injuries.

Strengthen: If you're used to lifting free weights, consider switching to weight machines or exercise bands. These can be safer and help you avoid injuries when aging brings on a loss of muscle tone.

Listen to your body: That's true at any age, but especially as you get older. If you have muscle pain that lasts the better part of a week, or joint pain that lasts more than a day or two, that's a red flag.

Weekly Golf Focus

Getting back into the "Swing" of things!

Now that we are going to be in person, we will review some of the basics we talked about in the beginning of the year: Grip and Set-Up.

We need to make sure before we start swinging with all our might we have the proper foundation set for our swing. If we are not balanced in the set-up that will throw everyone off in the swing. Along with being properly set-up to the ball, we have to make sure our only physical connection to the ball is correct...our grip! Make sure it's not too tight or too loose, and make sure you keep that club more in the fingers rather than in the palm.

For this lesson you will need to bring your **putter, a wedge, a golf ball and a tee.**

We look forward to getting back in to the "swing" of things!

If you do not have any of those items don't worry, you can still watch and learn!