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Come and play The Turn's first ever

BINGO Session!!!

Thursday November 11 from 1:00-2:30

12 spots available

Sign-up on Vagaro or email Shellie

Fitness News

Posture

This week we will be discussing the importance of posture. The Cleveland Clinic defines posture as the position in which you hold your body while standing, sitting or laying down. There are good and bad postures. We all know it when we see both types of posture, but what makes up good and bad posture.

This week when you are going about your day, think about it; where is head in relation to the rest of your body while you sit in the car? When you are sitting are your shoulders and upper back hunched forward? We will be discussing how posture can affect us during our golf swing. We will also be reviewing ways that we can work to improve our posture with simple stretches and exercises.

Golf News

Grip

Your grip is one of the most important parts of your golf set-up. It is the only connection you have to the club. An incorrect grip can lead to a bad shot even if your swing is perfect. We will talk about the different types of grips and why you may not have the same grip for full shots as you do for putting.

This week bring with you a putter, wedge and an iron