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Join our Fitness Team for some extra fitness sessions!

Fitness with Lexi

a fun fitness interactive fitness class in the Activity Center

Monday November 8th 3:30-4:30

Wednesday November 17th 3:30-4:30

Fitness with Gina

A bonus weekly opportunity to improve your fitness in the fitness center

Every Wednesday 8:45-9:45

Fitness News

Static Balance

By Jeff Houser

The off season is a great time to work on things that challenge us the most and improving your balance is a great place to begin. This week we will be discussing static balance, which is a fancy way of describing your ability to stand still (when you aren't moving your arms, torso or legs as with the golf swing). Next week, we will be talking about dynamic balance which is the ability to stand still during a movement, like in the golf swing or walking on uneven surfaces. So before we add in the extra movement next week, we are going to work on stationary balance. We will assess your balance this week and show you ways that you can work on improving it, safely. We know one thing from research: even if you feel your balance has declined, if you practice it, you can improve it!

Golf News

Stance/Posture (short game)

By Erin Craig

You will stand differently with each type of swing you make. Over the next few weeks we will be working on your stance and posture for the shorter shots and longer shots. This week we will focus on the short game and what you may do differently with these types of swings compared to the longer swings.

This week bring with you a putter, a wedge