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For Caregivers Only

Stress Relief for Caregivers

March 3, 2:30-3:30

Wharton Activity Room & on Zoom

Join us for this important and helpful class, to help bring health and balance back to your life.

Presented by Judith Eugene Turn Yoga Instructor

EMAIL GINA TO REGISTER GBABINEC@JOINTHETURN.ORG

A Golf Social/Fitness session will be available to those members who need to accompany their caregivers to the presentation

BINGO IS BACK!!!

MARCH 2, 16, 30

3:00-4:00 in the Activity Room

sign up on Vagaro or email Shellie

Weekly Fitness Focus

The King of Golf

This week's golf fitness lesson will focus on the King of Golf or the gluteal muscles. These muscles are the key to stability in the lower body and transferring energy from the ground up. Most of us sit the majority of the day. The result is weakening and lengthening of the gluteal muscles. Loss of gluteal muscle action can lead to poor swing mechanics and injury, the most common being low back injuries.

The simplest assessment to test our lower body stability is by testing the golfer's ability to separate upper body rotation in relationship to the lower body (disassociation) with and without hands-on stabilization at the pelvis. During our golf fitness lesson, members' will perform a self-assessment and we will all practice simple exercises to improve our lower body stability.

Weekly Golf Focus

The Lever System

This week's golf focus will cover another one of your in-swing fundamentals, the Lever System. We will discuss what they are and the role they play in both your long game and your short game. Adding levers to your swing could be a great way for you to possibly increase your speed and distance. We will discuss the number of levers for each type of swing and the affect they might have. How long or short a specific swing needs to be will also help us to determine where the levers will best apply to you.

Clubs to Bring:

Putter, Wedge, Iron