

Wharton Center and Turn

**OPEN
HOUSE**

Saturday April 9th 9:00-12:00

**Invite your friends, family, physical therapist..etc
to come check out our facilities and
meet our staff!**

for more info contact

Karen Tigue at ktigue@jointheturn.org

Night at the Races

Friday April 22



WE NEED WINE!

**We are looking for bottles of wine
for our wine pull!**

Bottles must be greater than \$12 in value

**Email Shellie at smcquaid@jointheturn.org
for more information**

Weekly Fitness Focus

Nutrition

During each of our Golf Fitness sessions, we emphasize the importance of daily or almost daily, physical activity. As the weather continues to improve, we want to encourage each of our members to get outside and enjoy the sunshine in any way you can! With that in mind, it is time to tie in healthy eating/ proper nutrition. Physical activity and proper nutrition go hand in hand. It is important to know how, so that we can understand overall "good" health.

There are many factors that play into healthy nutrition. It is about knowing what are considered good foods and the recommended portions we should be eating. What area(s) of the food pyramid should we be focusing on? Proper nutrition allows for improved levels of immune function (the ability to fight off illness, easier and faster), decreasing blood pressure issues (which we talked about last week), and increasing strength and endurance abilities; just to name a few.

During our fitness session this week, we will dive deeper into why proper nutrition is so important and how it can improve your golf game and your overall wellbeing. We will also be touching on the food pyramid. Lastly, we cannot forget about hydration!

Weekly Golf Focus

Get Connected

When we talk about connection in the golf swing it is how the arms work with the rotation of the body. As your body begins to rotate back, your arms should follow. This will help create your maximum power and will create a square clubface at impact. The longer the club, the more disconnected you tend to become. We will work with you this week on finding the greatest connection you can create in your golf swing!

Clubs to Bring:

- Putter
- Iron
- Driver