

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



**Want to Buy a
Horse?!**

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

**Weekly Fitness Focus
Dynamic vs.
Static Stretching**

Our last lesson identified the importance of incorporating a healthy diet to your exercise routine and golf game. With proper hydration and nutrition, your game can be elevated.

This week, our golf fitness staff will teach you the difference between two forms of stretching. Dynamic stretching, or active warm-up, utilizes light movement with short holds. Static stretching is the typical type of stretching that has been taught for years. It is the long hold method and best for a cool down activity.

**Weekly Golf Focus
Length of Arc/Swing**

The swing (arc) length is the distance the clubhead is from your body in the backswing and follow through. Rule of thumb, the backswing and follow through should have similar arc lengths. The shorter the shot, the smaller the arc length will be. As the clubs get longer we feel the need to "reach" more creating inconsistencies in our swings. We will help you determine the optimal arc length for your swing.

Clubs to Bring:

- Putter
- Iron
- Wood/Hybrid