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SHAPE UP & GOLF!

Regardless of your age, gender, or skill level, participating consistently in a golf-specific exercise program can greatly improve your golf game, as well as your quality of life off the course. A golf-specific conditioning program should have three components: **strength training, cardiovascular conditioning, & flexibility.** Improving your fitness level can generate greater distance with less effort for a more consistent ball flight. This, in turn, will lower your scores and increase your enjoyment of the game. Developing muscular **strength** and power will enable you to generate increased club head speed, which will result in increased distance. Try a strength-training program that concentrates on the core muscles of the body. It should be done two to three days per week with one set of 8-15 repetitions per exercise. To play optimal golf you must also improve your **cardiovascular conditioning.** Just playing golf alone is not enough to improve your aerobic fitness. If you improve your cardiovascular fitness you'll maintain your energy levels, fight fatigue, and stay mentally focused for 18 holes. Walking, biking, stair-stepping, and running are great examples of cardiovascular exercise. If you have not exercised for a while, 15 minutes two to three times per week at a comfortable pace will improve your current aerobic fitness level. **Flexibility** is the range of motion around a specific joint. If you have decreased range of motion in any joint, especially the shoulders, hips or low back, your swing may not be mechanically sound or efficient. Swinging a golf club a couple of times before you play is not enough. You can increase your range of motion in your shoulders, trunk, lower back, legs, arms and hands with five minutes of stretching each day. Always warm up by jogging in place or walking briskly for a few minutes prior to stretching. This will increase your body temperature, allow muscles to lengthen, and reduce the potential for injury. Always consult your doctor before you start any fitness program. A doctor of chiropractic or golf pro can evaluate your areas of tension and flexibility. Be careful, take it easy, and never exercise to the point of feeling pain.

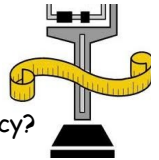
Other Quick Tips for Great Golf

Pull, don't carry, your bag. Carrying a heavy bag for 18, or even nine, holes can cause your spine to shrink, leading to disk problems and nerve irritation. If you prefer to ride in a

cart, alternate riding and walking every other hole. Bouncing around in a cart can also be hard on your spine.

Drink lots of water. Dehydration causes fatigue. You may try to compensate by adjusting your swing, increasing your risk of injury. Don't smoke or drink alcoholic beverages while you play since both cause fluid loss.

WHAT DO YOU HAVE TO LOSE?



Is your life a fat-storing, sugar-burning emergency?

In the last issue we discussed healthy body *hydration* with good clean water. If you do any one of these tips consistently, you will improve your weight loss results.

TIP #2: avoid artificial sweeteners. Ever heard of NutraSweet, Sucralose, Aspartame, or Saccharin? If you have been trying to lose weight, chances are you have relied on these artificial sweeteners to cut calories, BUT be wary of the pretty pastel packets. Sucralose (Splenda) is toxic to the liver and will keep you craving sweetness. Aspartame (Equal) given to animals in low doses results in lymphomas, leukemia, and brain tumors. Saccharin manufacturers tell you right on the package that their product can cause cancer! Artificial sweeteners signal to your taste buds, "Sweet stuff has arrived," which is translated to the brain as, "Nutrition has arrived." When the artificial sweetener reaches the small intestine, the receptors find no nutrition and send a message back to the brain, saying, "We've been tricked. There's no nutrition here." The appetat (the part of your brain that triggers satiety) signals to "keep eating." For this reason many people who constantly drink diet sodas are overweight and always hungry.

Even if you don't intentionally use artificial sweeteners, you must read labels. Almost every diet or sugar-free product on the market has added artificial sweetener, as do some children's snacks and most flavored waters.

Bottom line: the only natural sugar substitute I endorse is Just Like Sugar®, a beneficial healthy sweetener made of chicory root, Vitamin C, calcium and orange peel. It has a pH of 8 which helps to alkalinize your body, is a natural fiber to help with bowel health, and is safe for diabetics.

Email lfeusner@gmail.com for more information on Just Like Sugar®.

Lynnette Feusner, founder and director of **MountainWest Health and Hope**, is a certified holistic health coach supporting seniors to let go of excess weight and stress and live longer, healthier lives by optimizing their diet and lifestyle. Visit her website at: www.mountainwesthealthandhope.com.