

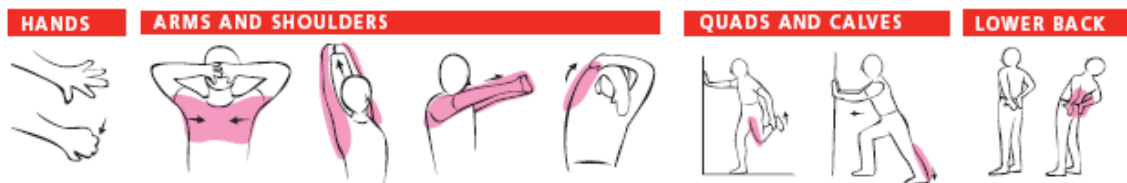
# Golf Anyone!! – Swing into Spring

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Golf is a healthy activity to help you gain and maintain your flexibility and range of motion. It includes walking, lifting and repetitive arm motion, giving you the benefits of aerobic and strengthening exercises.

## Tips to a healthy and active golf season:

**Stretch** – Take about 10 minutes to warm up before the first tee by climbing stairs, walking or jogging on the spot and follow it by some stretches:



**Move** – Get your whole body moving. Walk the course for heart health. Take a couple of practice swings before hitting the ball on the course to warm up for that specific stroke and to improve mobility.

**Play Smart and Reduce Strain** – if you have been inactive all winter start slowly, consider playing nine holes and spread your games out throughout the week. Walk upright and carry your bag over both shoulders, or alternate sides if you have a one strap bag. Push rather than pull a wheeled golf cart. Bend your knees and keep your back straight when lifting your bag. When standing for long periods, shift your weight from one foot to the other, or rest one foot on your golf bag or golf cart. Maintain a loose comfortable grip, keep hydrated and take breaks.