

## PERFORMANCE GOLF CONDITIONING PROGRAM

It's almost spring which means only one thing, **GOLF SEASON**. It's time to dust off your clubs and hit the links, but is your body ready for another season? Golf is a sport, and to perform to your best, you need to have your body properly conditioned for the specific demands golf presents.

The United States Golf Association reports the average handicap for recreational golfers has not improved in the last 20 years. This despite dramatic improvements in golf club technology and widespread access to professional golf instruction. **WHY?**

Most golf professionals will tell you it's because the average recreational player simply doesn't have the physical capacity to properly execute the golf swing. They lack the strength and flexibility they need to swing properly.

Make no mistake - golfers (at any level) are athletes and the golf swing does require a great deal of athleticism. Strength, power, flexibility, balance, core stability, body awareness, and endurance are all physical traits that every **consistent** golfer (even the fair-weather player) must possess.

In order to improve performance in any sport, training must be specific to the demands of the game involved. For more information on the **Performance Golf Conditioning Program**, contact Xavier French at 243-9404 or Xavier\_french@trihealth.com.

**This program is designed to help you:**

- Improve flexibility
- Improve strength
- Reduce your risk of injury

- Play more comfortably
- Increase driving distance
- Improve shot consistency



## DO THESE 3 EXERCISES TO IMPROVE YOUR BENCH PRESS

When you're not seeing the strength gains you had hoped for, it's always good to take a step back and reassess. Go back to the basics focusing on exercise technique & strengthening any muscle weaknesses. The following three exercises will help build muscle and strength in commonly weak areas that are used to assist in the bench press.



**Chest-Supported Overhand-Grip Reverse Fly**

**-Chest-Supported Overhand-Grip Reverse Fly:** Strong rear deltoids, the muscles that comprise the back part of the shoulder, are an essential element when performing many upper body exercises. By using an overhand grip on the reverse fly you're targeting your rear delts more.

**-Chest-Supported Row:** As with most exercises, a strong base is important. Building up the upper back muscles will provide you with a strong base which you can press from. Often we focus on more pressing movements rather than pulling movements which can create muscle imbalances.

**-Decline Triceps Extension:** The triceps tend to tire more quickly than the more dominant chest and shoulder muscles, thus not being able to assist in locking the weight out during the bench press. By doing triceps extensions on a slight decline, you're increasing the triceps activation more at the top of the movement.

## DIETITIAN CORNER—HOW TO PUT A PLUG IN YOUR LEAKY GUT

Leaky gut syndrome, also known as "increased intestinal permeability", has been associated with many ailments including gastrointestinal conditions, autoimmune diseases and even mental illnesses. We all have some extent of a leaky gut, but to what extent marks the difference in symptom and disease development. This "leak" in our gut occurs when the lining of the digestive track develops "holes" allowing toxins and bacteria to leak into the body.

Diet plays a significant role in the development of leaky gut. **The main dietary culprits include consuming a diet low in fiber and high in saturated fat, sugar and alcohol as well as any foods that may cause allergies or sensitivities.** If you suspect you have a leaky gut, there are a few therapies that can help. The first line of therapy is to

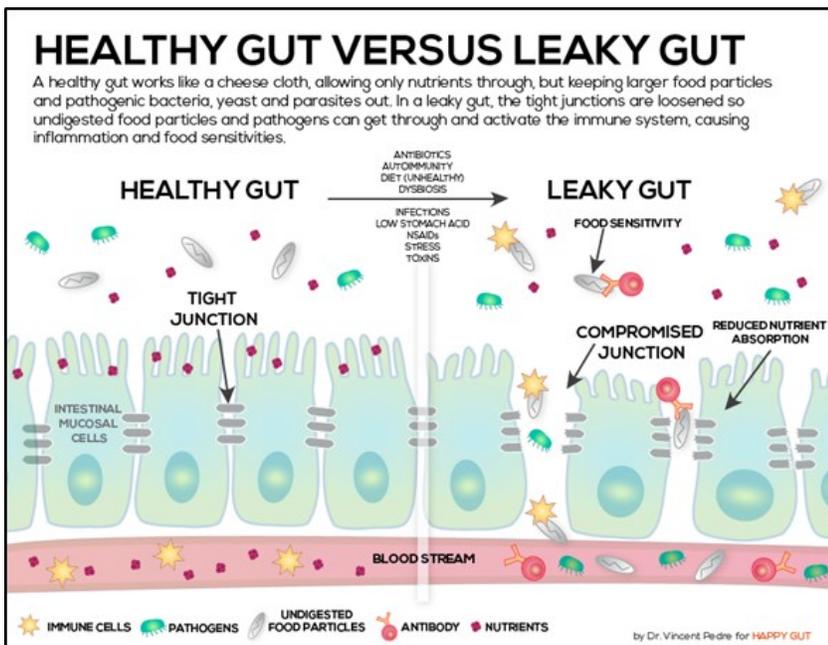
increase your fiber intake and reduce the saturated fat, sugar and alcohol in your diet and avoiding any foods that cause allergies or sensitives. After making these changes, you can add in specific foods and supplements that have been shown to help heal your gut. However, keep in mind that evidence-based treatments for leaky gut syndrome are lacking.

Have questions on the state of your gut? Hannah Griswold, MS, RDN, LDN, CDE is available to answer any of your questions and create a tailored nutrition plan. Just call 853-8900 to schedule your appointment today.

References:

<https://www.todaysdietitian.com/newarchives/0116p46.shtml>

<https://www.health.harvard.edu/blog/leaky-gut-what-is-it-and-what-does-it-mean-for-you-2017092212451>



Supplements	Foods
L-Glutamine	Bone broth
Zinc	Dairy (with added probiotics)
Probiotics	Fermented vegetables
Digestive enzymes	Chia, flax and hemp seeds

## GROUND IDLE-TO-JET POWER 5K TRAINING PROGRAMS

It's that time of the year again for our 13<sup>th</sup> Annual JetPower 5K Run/Walk and Pump 'N' Power held on May 31<sup>st</sup>. The fitness team is happy to offer training programs for both events starting April 5th.



The **5K Training Program** is an individualized program that can help you transition from walking to running the race, to improve your speed or your time, or help you walk your first 5K. The program includes a training plan, tracking calendars, fitness and stretching tips, and continuous support from coaches and trainers. You may train alone or with a team. For more information, contact Eileen Jones at 243-9404 or [Eileen\\_jones@trihealth.com](mailto:Eileen_jones@trihealth.com).

The **Pump 'N' Power** event provides an opportunity to add a strength element to your run/walk and improve your 5K time! Twenty seconds will be deducted for each bench press repetition completed. Lifting weight is based on a formula of age and percentage of body fat. This free program also offers individualized training plans, tips, and support from coaches and trainers. Fitness center membership is not required, but participants are subject to fitness center enrollment rules. Current members not eligible to waive monthly fees. Non-members may use the fitness center at no charge for the duration of the training program. For more information, contact Eileen Jones at 243-9404 or [Eileen\\_jones@trihealth.com](mailto:Eileen_jones@trihealth.com).