



Training Tips

Something to consider:

When most people establish their training regime, the legs are often the most neglected body part in which they train. Yet it is a very important muscle group to train no matter what the goal is of the individual.

Your legs are your foundation; the stronger your leg muscles are the more support you will have. Training the muscles of the legs also strengthens the knee, ankle and hip joints reducing the chance of injury and improving daily activities, it also improves sport performance.

As stated before, training the legs is important for any fitness goal, if your goal is to have more explosive power for a particular sport, it is impossible to accomplish this without training the legs. The leg muscles require the necessary training to move in explosive movements in conjunction with the upper body.

If the goal is for mass and building muscles, ignoring the legs puts extra stress on the leg joints forcing them to carry a heavier upper body while not becoming stronger. It is foolish to ignore the legs when trying to build mass because the legs are naturally the largest muscle groups and therefore have large potential for muscle growth.

Lastly, if an individual's goal is to train for weight loss, then consider this, the more muscle mass on the body, the more calories that are burned in every action, including sleeping. That being said, the legs are potentially a furnace for burning fat; more muscle mass on the legs (and upper body as well) makes weight loss programs more effective.

Stretching- Science says..

When to stretch?

According to the latest research reviews, if you are participating in activities that require dynamic range of motion (golfing, gardening) it is important to do active dynamic warm-ups including static stretching and functional range of motion movements before the activity. If you are participating in linear motions activities (walking, running) static stretching will be more effective when you cool down.

How to stretch?

Increase the temperature of the muscles through active walking of or five minutes or other dynamic movements such as walking lunges or cycling. Stretching a "cold" muscle will not be as effective and could result in an injury. A stretch should be held to the point of mild tightness within the muscle belly for 30 seconds but not to the level of pain. Counting to 10-20 controlled breaths will ensure you hold the stretch long enough and also avoid holding your breath.

Do not bounce as you stretch as this can lead to tears and scar tissue in the muscle resulting in more stiffness, not to mention risk of injury.

Target the major muscle groups including calves, thighs, hips, lower back, neck and shoulders and any joints that you routinely use at work or play.



Golf Tips 'Fore' Beginners

- Always make sure your alignment is correct before hitting the ball. Make sure your shoulders, hips, knees and feet are parallel to your target line
 - Do NOT 'Look Up'!!! Wait until you have hit the ball!
 - Concentrate as you follow-through, always keep your eyes on the ball
 - Keep your arms fully extended throughout your swing
 - Make sure to rotate your hips as you swing and not before
 - When putting, make sure your eyes are focused directly over your ball
 - Do not rush your downswing and try not to force your swing
- o Both of these actions can cause you to lose control of your swing. Let your lower body lead your downswing instead of forcing the action.

Dehydration and exercise

** A 2 % fluid loss (dehydration) reduces performance between 10-20 %. A fluid loss exceeding 3-5% of body weight reduces aerobic exercise performance noticeably and impairs reaction time, judgement, concentration and decision making**

Most people lose as much as 1 L to 2 L of fluid during 1 hour of exercise. Your muscles get tired quickly, and you may have leg cramps while walking or running, when you are not drinking enough water. Athletes can lose as much as 3 L of fluids per hour during an intense workout and it can quickly lead to heat exhaustion. Symptoms of dehydration include decreased body temperature, nausea, vomiting, diarrhea, dizziness, headache, muscle cramps, and an loss of appetite.

To prevent dehydration

- Drink 8 to 10 glasses of water a day
- Drink extra water before, during and after exercise
- Use sports drink when exercising for longer than 1 hour
- Avoid caffeinated drinks which increases urine output and dehydrate faster

Fig. 1 INCORRECT



Fig. 2 CORRECT

