

# Is LeBlanc ready to take fitness plunge?

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Through a two-day orientation led by fellow instructors Melissa and Steve, I learned that strength training should always come before cardiovascular exercise in order to get the best results.

## Haphazard before

Without any guidance during previous exercise attempts, I would jump from one piece of equipment to the next with no rhyme or reason, which probably explains why these workouts were less than effective.

And while I had a general understanding of proper exercise techniques, a few minor points brought up at the orientation will likely go a long way toward maximizing results and minimizing the chance of injury.

As someone who needs to be constantly enter-

tained, I was also quite concerned about the boredom factor associated with exercise.

This worry was quashed the moment I looked over to the cardio theatre, where hovering above the machines — like angels — are a dozen televisions all offering distraction from the tremendous physical stress I'm about to put on my severely neglected body.

## Variety helps

A wide variety of machines should help ease the dullness as well. With more than half a dozen different cardio machines alone, I'll be able to mix it up and keep things fresh.

And while GoodLife Fitness has more than 1,000 members already, the club doesn't seem to have an overcrowding problem.

During my first two trips — in somewhat mainstream hours of 5 p.m. Friday and 2 p.m. Saturday

— more than half of the equipment sat unused.

That's good news for all of us who aren't interested in playing the waiting game and wasting time which could be spent on more worthwhile endeavors.

## No pretending

But since I've already admitted to being a lazy slug who sits around watching TV almost every night, I guess I can't pretend that my time is all that valuable now, can I?

This one minor point aside, the local fitness club and its many features have killed off my few remaining reasons not to start exercising again.

So there, now I'm stuck, or friends and athletes across town can brand me a big fat weenie.

I should thank all the instructors at GoodLife now, because I probably won't be all that grateful once my workout sessions actually begin.



# Great Arc, Great Shots



Have you ever made what you thought was a great swing, on plane, crisp contact, great divot? The ball flies square on line, only to fall 15 yards short of how far you KNOW you should hit it. Despite all these clear indications of a good swing, something is not the same as the last time you hit that club the proper distance.

To avoid this frustration, you must ensure that each time you swing, the circle your hands make as they swing stays the same every time. In order to do this you must practice your backswing in this manner; 1) Keep your shoulders relaxed; 2) The right arm (for right handers) cannot collapse towards the right shoulder and 3) The right arm "pushes" the left arm straight.

This will result in more weight automatically transferring to the inside of the back foot and your arc remaining as wide and consistent as possible. Consistent and longer distances are sure to be your result.

Patrick Bowers is the C.P.G.A. Head Professional at Horseshoe Resort in Barrie.

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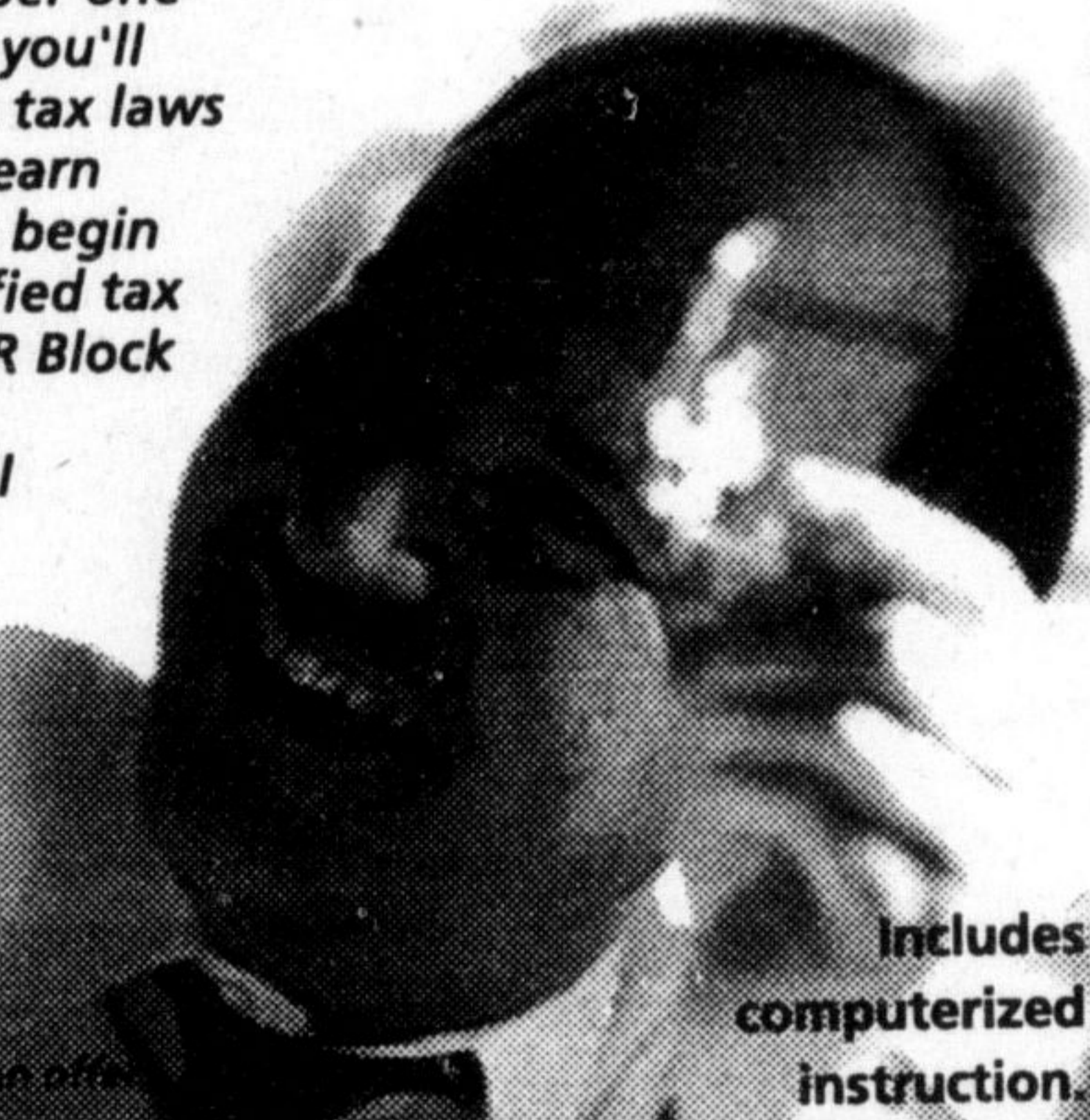
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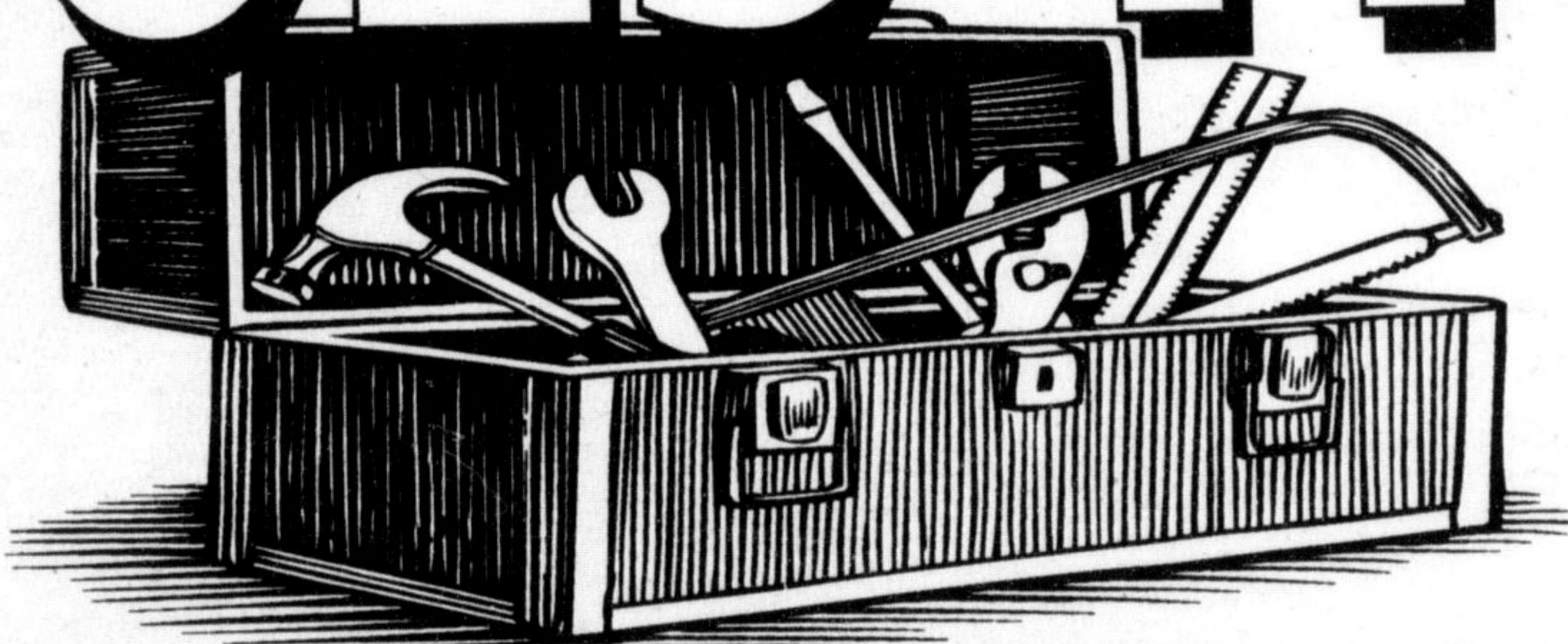
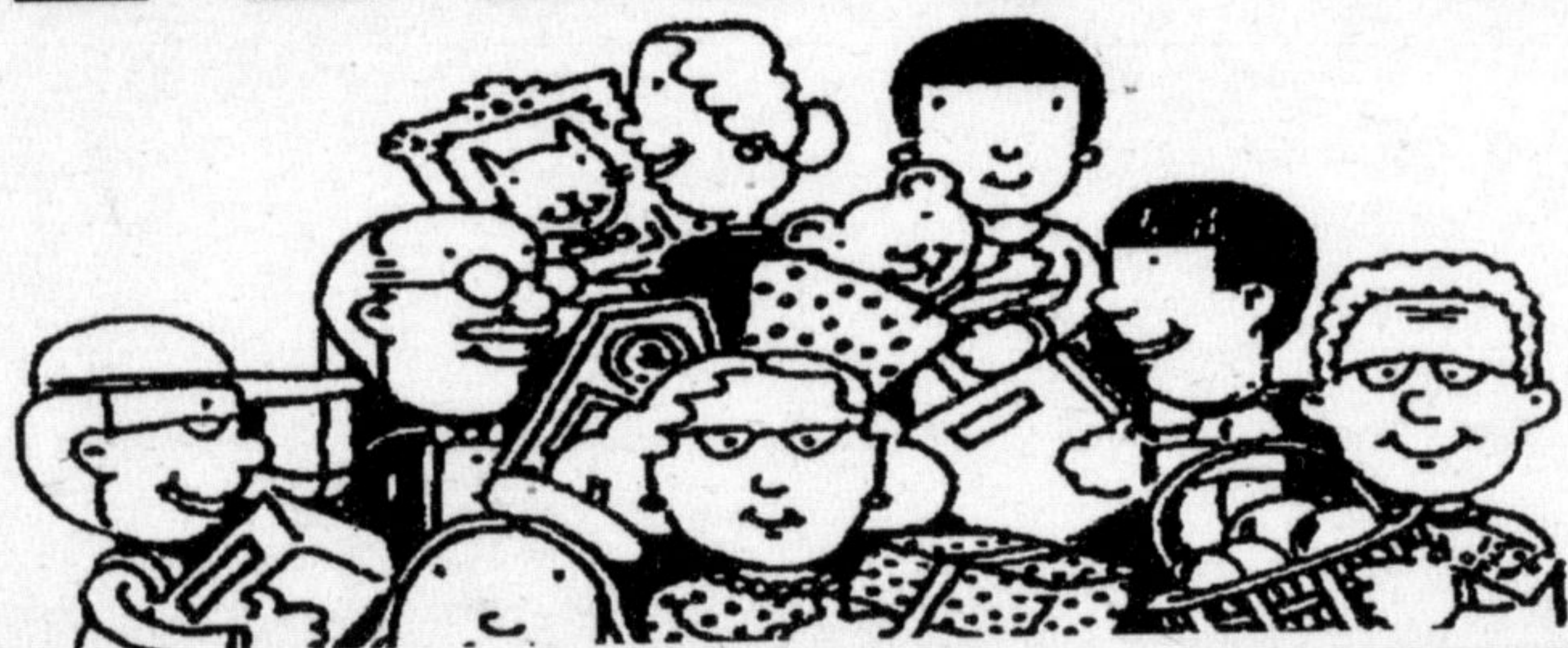
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