



# Healthy Living

## Getting Into the Swing of Golf

Golf isn't just for retired folk anymore. Men and women of all ages enjoy spending a morning or afternoon on the green, practicing their swing and taking in the sun.

Every sport is riddled with its share of injuries, but compared to most other sports, golf has a low overall risk of injury. Common injuries include problems in the lower back, shoulder, wrist and elbow, head and eye, caused by overuse or poor swinging techniques.

### WARMING UP

The best way to avoid injury is by warming up for at least 10 to 15 minutes. Spend a minute or two walking at a moderate to high pace to get the blood flowing to the muscles and increase your core temperature slightly. Next, roll the neck, slowly moving it clockwise and counter-clockwise. Move to the shoulders. Hold a golf club in front of you with a hand at each end. Raise it over your head and hold. Then hold it the same way behind your back, and lift up to stretch the shoulders. Finally, grab each elbow with the opposite hand and pull them across your body to stretch the shoulder. For more stretching, try bends: Rest hands on your hips, bend to the side and hold. To stretch the torso, cross arms and rest hands on the opposite shoulders. Rotate the shoulders and hold in each direction. Now it's time to practice your swing. At

the driving range, hit shots starting with a pitching wedge and working up to the driver. (If you can't go to a driving range prior to play, do the same warmup without hitting any balls.) Start with a half swing, and work up to a full swing after several minutes. Focus on proper mechanics and maintaining a slow easy stroke.

Condition with strength and fitness programs including weight training and aerobic activities, like walking or jogging (see your doctor if needed). Emphasize improving strength in the back, torso and shoulder to get you geared up for a game on the green.



Make sure you stretch before hitting the green.

### On par with safe golf play

You are out on the green and there isn't a cloud in the sky. It's enough to make you toss your cares aside. Indeed, such a lovely setting doesn't mean you should forget about safety. You have to worry about sunburn, dehydration, getting hit by a ball, strains and muscle spasms, insect and animal stings and bites; falls or slips not to mention cart accidents. Stay on par by:

- Wearing sun protection (clothing, hat, sunscreen) at all times.
- Drinking lots of fluids before and during play.
- Carefully reading and following the local safety rules of the golf course and regarding use of motorized carts.
- Making sure no one else is standing close before you swing. Don't play until the group in front is out of the way.
- Lifting and carrying clubs safely and preferably using a cart.
- Not entering areas with snakes, dangerous insects or animals, such as ponds or lakes.

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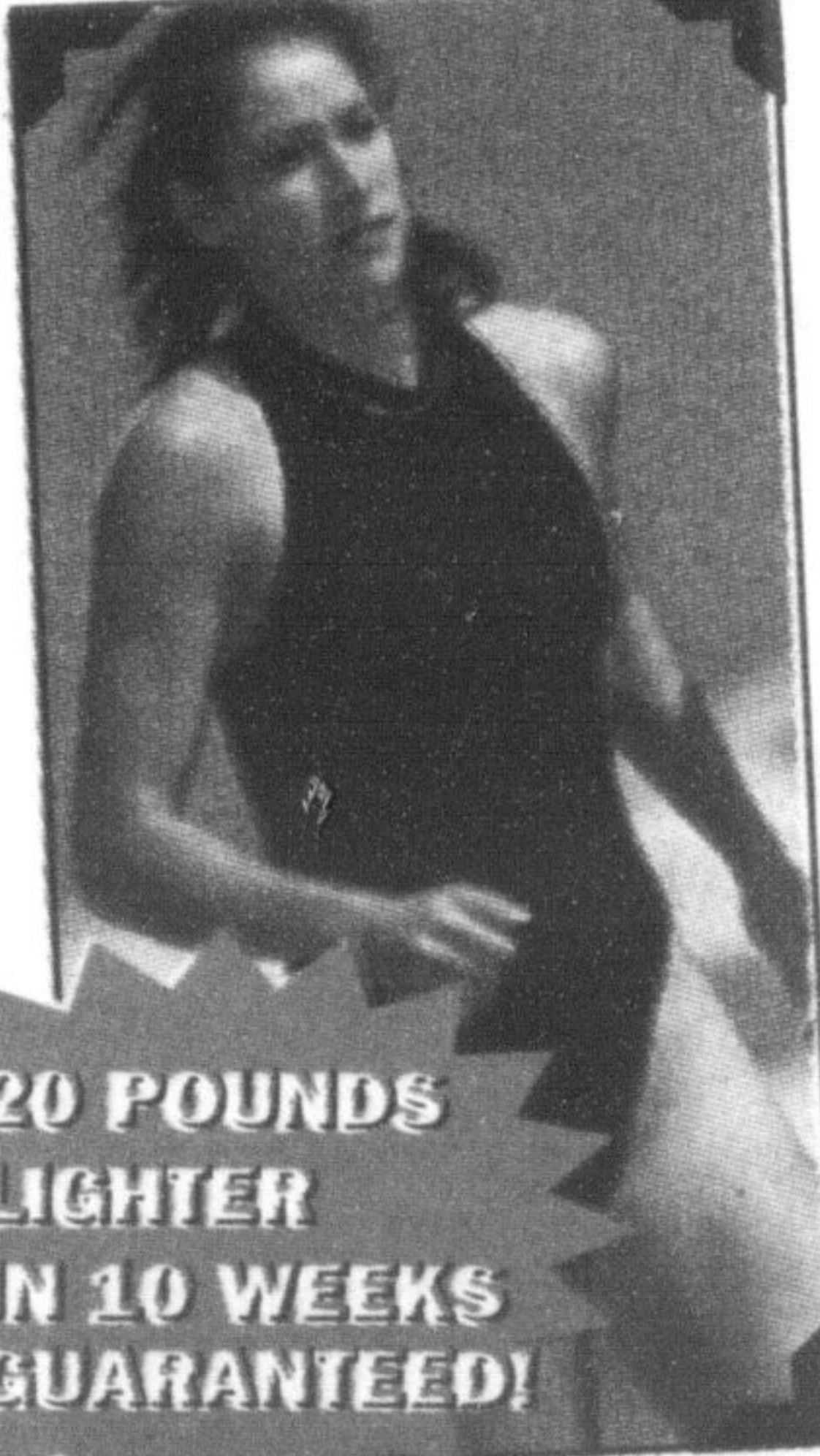
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## Do You Have A Beach Ready Body?



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**ELECTRO-MUSCLE TONING TREATMENTS**

- Reduce 12 to 30 inches in 5 weeks
- Build muscle tone and reduce the appearance of cellulite
- Condense 9 hours of exercise into 40 minutes
- Firm up those hard to tone areas

It's never too late to start looking great! For many of us, mainly women, the thought of putting on shorts or a bathing suit brings out our worry lines, and that's all we need! Luckily there is something you can do to get into shape for summer - fast.

At Beverly Hills we have developed a treatment program that targets winter weight gain and the thing we hate most, cellulite. Cellulite has an orange peel appearance on your hips, thighs and the backs of your legs. It is tough to get rid of and sometimes needs more than just a change of diet. Through the use of Electro Muscle Stimulation (EMS), nutritional supplements such as Lecithin and Essential fatty Acids plus nutritional counselling, we can help you achieve dramatic results.

We work with the factors that have contributed to your weight gain. Factors such as slow fat metabolism, stress, poor eating habits and improper weight loss. No one person is the same, and we all have different needs. Because of this, Beverly Hills will design a nutritional protocol that suits your personal preferences, one that is best for you.

We start with a full nutritional assessment by a Registered Nutritional Consulting practitioner. Many people who eat well and exercise will still notice that they are building up layers of cellulite and that nothing seems to help. There has been research that supports the

idea that cellulite is hard to burn because we store toxins in fat to help protect our liver. Lecithin helps to break down stored body fat and unburden the liver. It is only one of the many nutrients we use to support fat metabolism, which translates into cellulite free, healthy looking legs.

We use EMS Treatments to tighten and tone the muscle. A strong muscle puts a demand on the body fat surrounding it. The muscle burns the fat as fuel while the nutrients help to release fat into the system so it is available for the body to use. One 40-minute treatment is the equivalent of 9 hours of workout. We use our 15 years experience in weight management and nutrition to custom design a treatment program that reduces the specific areas where you tend to store cellulite, namely our hips, thighs and abdomen area. As well, the EMS Treatments are a great compliment to any cardiovascular program to give you a long lean look to your body. Why wait? Start today!

With our five-week program you can have gorgeous legs this summer!

Marion Healy is a registered Nutritional Consulting Practitioner with over 15 years experience in weight loss and nutrition. She is Clinic Director of Beverly Hills Weight Management and Nutrition Centre in Milton.

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