



THE PGA SPORTS ACADEMY  
**FIT FOR GOLF**



**PGA**<sup>TM</sup>  
CELEBRATING 95 YEARS

**USGA**<sup>®</sup>



## GET FIT

The PGA of America and the United States Golf Association are pleased to bring you “Fit for Golf.” This guide will help you learn and develop a good fitness and nutritional program that will keep you healthy and active on and off the golf course with the PGA Sports Academy.

The PGA Sports Academy is a youth golf program that will help you learn and develop golf skills using sports, games and other fun activities. Fitness and nutrition are very important in the PGA Sports Academy and this guide will provide you with exercises and information on how you can get more active as well as challenge you to achieve the Presidential Active Lifestyle Award.

## HAPPY, HEALTHY EATING

Eating is an important part of our lives. The healthy foods we eat help our body to grow, run, walk, think, move, sleep, and fight off germs. But did you know that some foods can actually hurt our bodies? Here are some tips on how to make sure you are getting enough of the foods your body needs to do its job well:

**EAT THE RAINBOW:** A fun and tasty way to make sure you are eating enough fruits and vegetables is to eat as many different colors as you can at each meal. For example, some carrots, blueberries, and red bell peppers are all different colors and are all good for your body. Help your parents the next time you go grocery shopping to pick out the most colorful fruits and vegetables. How many can you find?

**IN THE CAFETERIA:** There are many options to choose from in the lunch line at school, some of them are healthier than others. Try to choose fruits and vegetables instead of French fries or chips and ask for grilled meat instead of fried. When it comes to something to drink grab some water or fat-free milk instead of soda or juice. It may be hard to make these changes, especially if your friend’s aren’t, but you will be keeping your body healthy and will feel much better!

**SNACK ATTACK:** After a long day at school or an afternoon of playing your tummy may be telling you it’s time to eat. But before you reach for that bag of chips, consider choosing one of these healthier options instead:

- Instead of soda or juice, grab some water or fat-free milk
- Instead of chips or crackers, grab a piece of fruit or veggie sticks
- Instead of cookies or cake, grab a sugar free ice pop or unsweetened, fat-free yogurt

Source: American Heart Association

By making healthy food choices you will feel better and play better. So start making healthy choices today!



GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day
<p><b>Find your balance between food and physical activity</b></p> <ul style="list-style-type: none"> <li>▪ Be sure to stay within your daily calorie needs.</li> <li>▪ Be physically active for at least 30 minutes most days of the week.</li> <li>▪ About 60 minutes a day of physical activity may be needed to prevent weight gain.</li> <li>▪ For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.</li> <li>▪ Children and teenagers should be physically active for 60 minutes every day, or most days.</li> </ul>			<p><b>Know the limits on fats, sugars, and salt (sodium)</b></p> <ul style="list-style-type: none"> <li>▪ Make most of your fat sources from fish, nuts, and vegetable oils.</li> <li>▪ Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.</li> <li>▪ Check the Nutrition Facts label to keep saturated fats, <i>trans</i> fats, and sodium low.</li> <li>▪ Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.</li> </ul>	

## GET ACTIVE

Part of a healthy lifestyle is staying physically active. Doctors say kids your age should be physically active for at least 60 minutes a day. Here are some tips to keep in mind during physical activity:

Physical Activity is Fun! Being physically active doesn't have to be a hard or scary thing. Did you know that riding bikes with your friends, jumping rope, playing hopscotch, and running around the park with your friends are all types of physical activity? Any game where you are up and moving are great ways to stay physically active and make your heart, bones, and muscles strong.

**KEEP IT EXCITING:** Ask your friends what their favorite types of physical activity are and make a list of all of them. Make a deal with your friends to try a new activity off the list each week. Who knows, you may learn a new game!

**ON THE PLAYGROUND:** Do you sometimes get scared to play a sport with your friends because you think you don't know how? That's okay, no one knows how to play every sport. So, the next time your friends start playing a game that you aren't sure of, ask one of them for help. They will be happy to show you and glad that you are playing with them!

**AFTER SCHOOL:** We all have our favorite TV shows and video games, but did you know that too much of those are bad for your health? The more we watch TV or play video games, the less

Source: American Heart Association



physically active we are. It is okay to do those things some of the time, but no more than 2 hours a day. Ask your parents to help you keep a chart of how long you watch TV or play video games each day and when you come home from school go for a bike ride or shoot some hoops before starting on your homework. Not only will you feel better, but you will think better too!

**WARM UP BEFORE YOU START.** For example, if you're going to be running, start by walking. Then walk fast, and then speed up to a jog to increase your heart rate.

**FUN FACT:** A "warm up" is really your muscles "warming up!" When you aren't active your muscles are cooler and tighter. Make it easier on your muscles by letting them get gradually loose and warmer instead of making them go straight from cold to hot (this is also important after your workout to keep from going from hot to cold too fast).

Stretching after any workout is very important to help prevent injury or strain.

**FUN TIP:** Pick 2 to 3 of your favorite songs to play while you are stretching and don't stop stretching until those songs are over. This will help the minutes go by fast and make sure you are stretching long enough.

Water is your friend – the harder and longer you work out, the more you need to hydrate.

**FUN FACT:** Did you know that 70% of your body is made of water? Make sure to replace whatever water you sweat out after each workout- your body needs it!

Mix it up and keep it fun! Don't get stuck in a workout rut. Try and incorporate a new exercise every few weeks to keep you motivated.

**FUN FACT:** Did you know that your body can get used to an exercise? After a while your same workout won't have the same effects. Try a lot of different activities and sports to keep your body guessing and to improve your fitness.

Break it up – you don't have to have 60 minute workouts. As long as your daily physical activity adds up to at least 60 minutes, you are okay.

**FUN TIP:** Start a "Workout Log" to track your exercise every day. 20 minutes intervals throughout the day will add up fast – who knows, you may even clock more than 60!

When we are smart about the way we play, our bodies can become healthier, stronger, and faster. Try to use new tip a week to recharge your playtime.

Source: American Heart Association

# PGA SPORTS ACADEMY EXERCISES

The golf swing requires the body's muscles to work together in harmony in order to deliver power and accuracy for each golf shot. The following exercises will help develop strength and coordination in your feet, legs, back and abdomen which are key power sources in your golf swing.



## PLANK



- Go into a pushup position with your hands underneath your shoulders and your elbows locked.
- Keep your body in a straight line, focusing on squeezing your glutes and restricting your lower back from arching.
- Hold for 15-30 seconds.

## PLANK WITH LEG RAISE

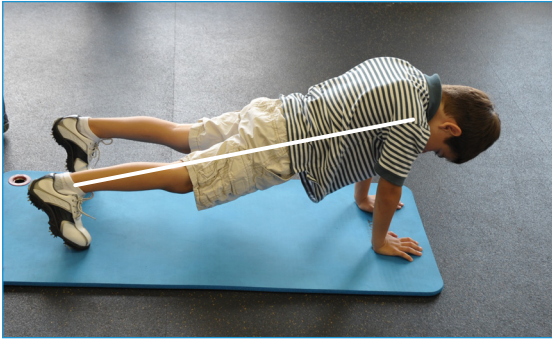


- Go into a pushup position with your hands underneath your shoulders and your elbows locked.
- Keep your body in a straight line, focusing on squeezing your glutes and restricting your lower back from arching.



- Raise one leg about six inches off the ground, squeezing your glute. Be careful not to lift the leg too high or allow your hips to rotate. It will cause your lower back to round, defeating the purpose of the exercise.
- Lower the leg and repeat with the other side.

## PLANK WITH ARM & LEG RAISE



- Go into a pushup position with your hands underneath your shoulders and your elbows locked.
- Keep your body in a straight line, focusing on squeezing your glutes and restricting your lower back from arching.
- Raise one arm & one leg off the ground, reaching it over your head. Keep your shoulders and hips square to the ground.
- Lower the leg and arm then repeat with the other side.

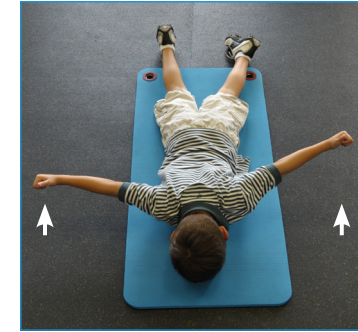


## BACK EXTENSIONS



- Lie on your stomach with your arms behind your head.
- First, begin by squeezing your glutes, and then pinch your shoulder blades together.
- Next, raise your upper body off the floor as you exhale through your mouth. Keep your legs on the ground.
- Hold for 1-2 seconds
- Slowly return to your start position.
- Repeat 10 times

## PRONE T RAISE



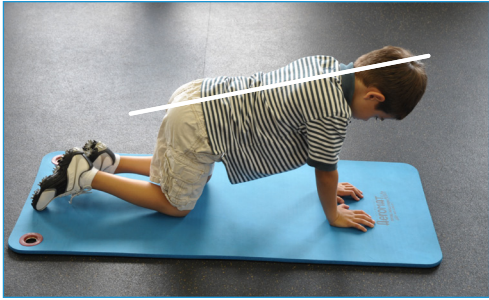
- Lay face down with your forehead on the ground and your arms straight out to your side, forming the shape of the letter "T".
- Point your thumbs in the air pinch your shoulder blades together as you raise your arms off the ground. Keep your elbows extended.
- With your arms still in the air, try to point your thumbs behind you, toward your feet
- Lower your arms and repeat 10 times.

## SIDE HIP RAISE



- Lay on your right side with your right elbow underneath you. Feet are on top of each other.
- Raise your body up so that your weight is supported by your right forearm and the side of your right foot.
- Keep your body in a straight line, focusing on keeping your shoulders, hips and feet in a straight line.
- Continue to raise and lower your hips for the prescribed number of repetitions.
- Switch to the opposite side.

## KNEELING OPPOSITES



- Start on your hands and knees with your hands directly underneath your shoulders, and knees underneath your hips.
- While trying to maintain a neutral spine, (shown here with the white line) push your left leg back and squeeze your left glute. Raising your leg any higher than the picture will cause your lower back to arch.



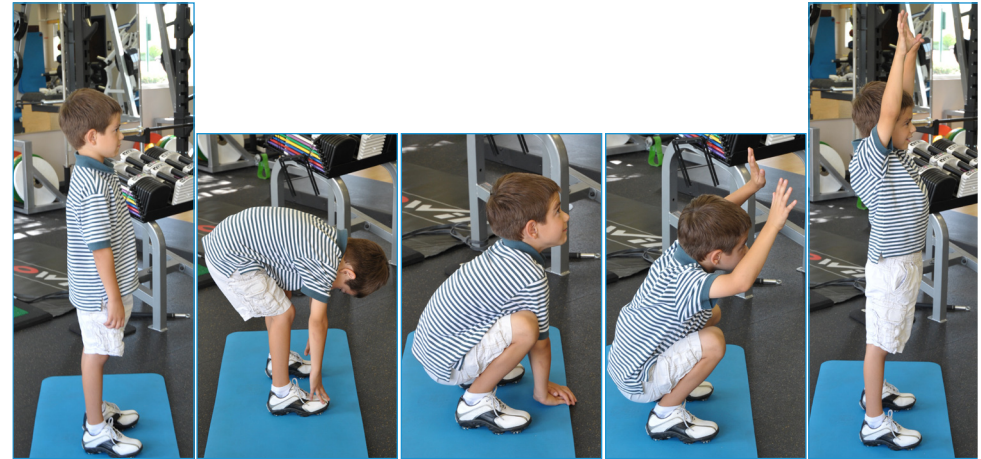
- Next raise your right hand and point it straight in front of you, creating an unstable base.
- Hold for three seconds. This creates stability within your core and pelvis.
- Bring your hand and leg back to resting position and repeat with the right leg and left arm.

## SOCCER BALL T-BALANCE



- Hold a basketball or soccer ball and balance on one leg.
- Keep your supporting leg slightly bent and extend your free leg behind you.
- Extend the medicine ball over your head.
- Return to a standing position.
- Keep your hips and shoulders square the entire time.

## DEEP SQUAT PROGRESSION



- Stand with your heels on a board (2x4 or 1x4) with your feet pointed forward.
- Bend down and touch your toes.
- Hold for two seconds.
- Sit down so your glutes are almost touching the ground, keeping your elbows inside your knees.
- Hold for two seconds.
- Lift your hands as high as you can toward the sky, holding for two seconds again.
- Stand up keeping your hands reaching over your head.
- Repeat

## F.I.T.T. PRINCIPLES

To improve your fitness level, you should follow these principles of exercise: **Frequency, Intensity, Type, and Time (F.I.T.T.).**

**FREQUENCY:** Set up a regular schedule for exercising. Try to accumulate at least one hour of activity daily with more vigorous workouts three to four days a week. You are likely to see improvements when you exercise regularly and have a schedule for exercise. Also, you are more likely to continue those workouts when you have an exercise schedule.

**INTENSITY:** For your muscles to get stronger or your body to get fit, you must work harder when exercising than when you are at rest. Your heart should beat faster and your breathing should increase when you are performing aerobic exercise and when you are lifting weights. Make sure you work harder when you are exercising, but don't overdo it. Lifting too much weight or working out too hard can cause injuries.

**TYPE:** You need to exercise your body the same way that you are going to use it. For example, aerobic exercise will not build flexibility, and lifting weights will not increase your aerobic endurance. For flexibility, you must stretch. For aerobic capacity, you must increase your heart rate. For strength, you must work your muscles.

**TIME:** Gradually increase the number of times you do an exercise, the length of time that perform an exercise, and how hard you exercise. It generally takes six to eight weeks to see physical improvements, but you will feel better shortly after starting to exercise.

*Source: President's Council on Physical Fitness & Sports*

## THE PRESIDENTIAL ACTIVE LIFESTYLE AWARD

The Presidential Active Lifestyle Award (PALA) is a program that shows how to make and keep a commitment to staying active. It helps you set realistic goals to encourage regular physical activity for a lifetime. This program is especially for those who are not already active on a regular basis.



1. **CHOOSE AN ACTIVITY.** You can take the Challenge by yourself, or together with friends and family. Choose activities that you enjoy and make you feel good. For example, it could be walking, taking an exercise class, playing a sport, or doing chores around the house.
2. **GET ACTIVE.** The PALA is awarded to participants under 18 who are active for 60 minutes, at least five days a week, for six weeks. An additional way to earn the PALA is by using a pedometer that measures the number of steps you take in a day. Girls who complete a minimum of 11,000 steps per day and boys who complete a minimum of 13,000 steps per day can win the PALA award. Upon winning this award, we hope you will have begun to lead an active lifestyle that will continue throughout your life. You can take up to 8 weeks to complete the program.

*Source: President's Council on Physical Fitness & Sports*



## PRESIDENTIAL ACTIVE LIFESTYLE AWARD (PALA LOG)

3. **TRACK YOUR ACTIVITY.** Our online activity log makes it easy for you to track the time you spend on activities. You can log your time as often as you want, in increments as short as 5 minutes.

Visit [www.MillionPALAChallenge.org](http://www.MillionPALAChallenge.org) to register. Once registered, select “Presidential Active Lifestyle Award (PALA) challenge”.

- Click “Groups” option
- Search for “GOLF” groups
- Join the PGA group that works best for you
- Begin logging your activity

You can also keep track of your progress on paper with the enclosed activity log form. Keep in mind that this means we won’t have an online record of the activity points you earn, which could apply to other programs in the President’s Challenge.

4. **EARN YOUR AWARD.** Whenever you reach a goal, the Active Lifestyle program recognizes your accomplishment with special awards. Awards are available online, by mail, fax, or phone. You can then continue earning awards in the Active Lifestyle program or move on to the next challenge: the Presidential Champions program. Everybody in the Active Lifestyle program can choose the activities they like doing. Whether it’s at home, at school, on a sports team, alone, or with friends and family, you can choose activities that are fun and make you feel good.

### WHAT IS A PEDOMETER?

*A pedometer is a small device worn on your hip; it counts the number of steps that you take.*



### The Active Lifestyle Activity Log

Participant Name \_\_\_\_\_ Date Started \_\_\_\_\_

Group ID \_\_\_\_\_ Age \_\_\_\_\_ Date Completed \_\_\_\_\_

Week 1	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 2	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 3	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 4	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 5	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 6	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

#### Verification

I certify that I have met the requirements of the Presidential Active Lifestyle Award.

- I have met my daily activity goal for at least 5 days each week. Participant Signature \_\_\_\_\_
- I have performed my physical activities for at least 6 weeks. Supervising Adult's Signature (if applicable) \_\_\_\_\_

Note: Submit this paper log to your teacher or group administrator, or keep for your own records. Please do not submit to the President’s Challenge office.

# LET'S MOVE ON COURSE

## Steps to Miles Conversion Chart

*Approximate - based on Shape Up America*

STEPS	MINUTES	MILES
500	5	1/4 Mile
1000	10	1/2 Mile
1500	15	3/4 Mile
2000	20	1 Mile
2500	25	1 1/4 Miles
3000	1/2 Hour	1 1/2 Miles
3500	35	1 3/4 Miles
4000	40	2 Miles
4500	45	2 1/4 Miles
5000	50	2 1/2 Miles
5500	55	2 3/4 Miles
6000	1 Hour	3 Miles
6500	65	3 1/4 Miles
7000	70	3 1/2 Miles
7500	75	3 3/4 Miles
8000	80	4 Miles
8500	85	4 1/4 Miles
9000	1 1/2 Hours	4 1/2 Miles
9500	95	4 3/4 Miles
10000	1 Hr 40 min	5 Miles

Visit [PlayGolfAmerica.com](http://PlayGolfAmerica.com) to find fun and affordable golf programs for everyone.

