

# Get Golf Ready

April 21, 2011

Give us 5 days and we'll give you FUN for a lifetime.

Welcome to our monthly Get Golf Ready newsletter. We hope you find this helpful and informative

In these we will be giving you monthly tips from Get Golf Ready pros from across the country, sharing success stories and interviews from fellow Get Golf Ready participants, and telling you about events and promotions that Get Golf Ready has to offer.

Since we have been out of circulation for a while, let us tell you what we have going on.

- "Like" our facebook page. On there you can learn about new facilities being added to our family and read stories from several media outlets about Get Golf Ready. You can also post your own status expressing your love for Get Golf Ready. 
- Follow us on twitter [@GetGolfReady](#). If you want to share your golf experiences about Get Golf Ready, tell us; we will put it out there for the world to see.

We will send out a newsletter every month and we hope you enjoy it. Tell a friend about Get Golf Ready because in 5 days, we can give them FUN for a lifetime.

## Tip of the Month - Get Ready For The Golf Season

By: Michael Brisbane - Teaching Pro at Azalea City Golf Course  
Mobile, AL

Over the winter, our golf games and our

### Get Golf Ready

#### Fitness Exercise Tip of the Month

Do you want to be stronger, feel good and perform better on the golf course? If so, the PGA's Director of Fitness and Performance recommends the following simple exercise

Over the winter, our golf games and our bodies get rusty. To be ready for the upcoming season you can knock the rust off by following these five tips; perfect your grip, sharpen your posture, swing something heavy, improve your putting mechanics, and increase your flexibility and strength. All of these can be done at home and all will make you a better player.

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## *Sponsor of the Month - PGA TOUR*



to benefit your golf game.  
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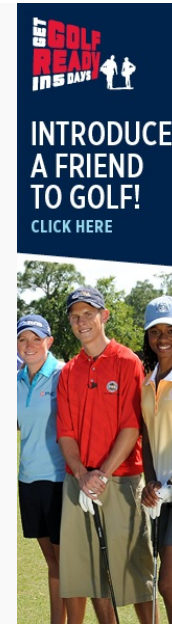
### Photo of the Month Contest

With over 1,600 facilities nationwide, that makes a lot of people now learning about the wonderful game of golf. We want to see your favorite photo of you doing that. Send us what you think qualifies you as the "Get Golf Ready Photo of the Month", and you'll have a chance to win a **World Golf Hall of Fame Class of 2011 Poster with all of the World Golf Hall of Fame Inductees.**  
[Click to learn more!](#)

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The PGA TOUR is a tax-exempt membership organization of professional golfers. The mission of the PGA TOUR is to expand domestically and internationally to substantially increase player financial benefits while maintaining its commitment to the integrity of the game. The PGA TOUR events are also committed to generating revenue for charitable causes in their communities. The PGA TOUR is an organization that operates the main professional men's golf tours in the United States and North America, including most of the events on the tournament also known as the PGA TOUR. It is headquartered in Ponte Vedra Beach, Florida, the PGA TOUR, Champions Tour and Nationwide Tour events have donated more than \$1 billion to help more than 2,000 charities and countless individuals around the world.



### *Fitness Tip Of The Month - Angry Cats (Mid-section mobility)*

Your back consists of 33 individual vertebrae, which are separated by pads called inter vertebral discs that act as shock absorbers. The vertebrae are connected by numerous ligaments and controlled by an array of muscles. Your back can flex forward, extend backward, bend sideways and also rotate. Many daily movements often involve a combination of these actions including the golf swing. If you spend a long time seated or standing, you may find your spine stiffens up; therefore, it is important to stretch your back to keep it in good working order. [Read more.](#)

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