

PGA FITNESS TRAIL

PGA

FITNESS TRAIL

HEALTH &

WELLNESS



With golf, you can get fit while playing a game you enjoy and ultimately live a longer, richer life. Since golf can be played at almost any age, it's the sport that can help keep all Americans, young and old, healthy and vibrant. In order to play longer and enjoy the game more, it helps to be in good physical condition. Health and fitness are priorities for players on the PGA, Champions and LPGA Tours, who work out regularly and follow good nutrition guidelines. That helps them perform at the highest levels of competition. Do you want to be stronger, feel good and perform better on the golf course? If so, then follow The PGA Fitness Trail to enhance your fitness experience and benefit your golf game!



HOLE #1

LATERAL LINE STRETCH



- Stand and reach to the sky with a golf club in your hands.
- Keep the body in a straight line.
- Lean to the left.
- Press your hips outward, while keeping your feet flat on the ground.
- Hold 2 seconds.
- Return to middle, and lean to the right.
- Hold 2 seconds.
- Repeat 8 times each side.

HOLE #2

GOLF STANCE TORSO ROTATIONS



- Stand in a golf stance.
- Keep hips still.
- Rotate torso to the right, hold 1 second.
- Keeping hips still rotate torso back to the left, hold 1 second.
- Maintain golf stance throughout.
- Repeat 8 times each direction.

HOLE #3

SPLIT STANCE HIP FLEXOR STRETCH



- Stand in a golf stance, and place the right foot back.
- Use a club for balance.
- Tuck the hips up in order to flatten the belt line.
- Hold for 3 seconds, relax and repeat 5 times.
- Place left foot back, and repeat 5 times.

HOLE #4

CLUB EXTERNAL ROTATION STRETCH

- Grasp the head of the club, and place the shaft behind the elbow.
- Pull the grip upward to externally rotate the arm at the shoulder.
- Hold for 3 seconds.
- Relax and repeat 5 times.
- Switch to the other arm.



HOLE #5

STAY HYDRATED.
DRINK 8 OUNCES OF WATER.

HOLE #6 SINGLE LEG GOLF STANCE



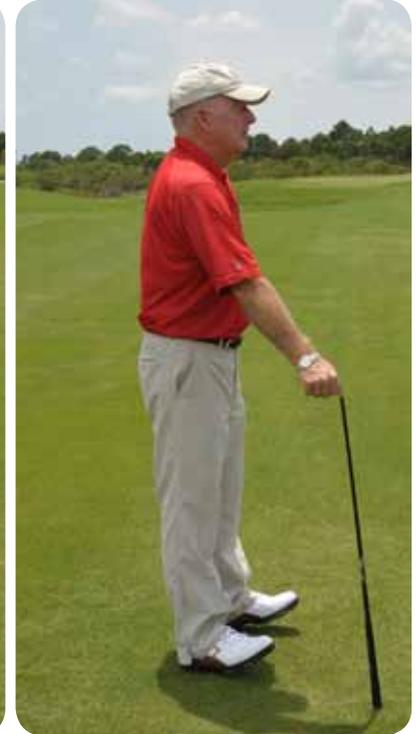
- Stand in a golf stance.
- Raise one foot off the ground.
- Hold for 20-30 seconds or as long as possible.
- Switch to the other leg.

HOLE #7 BACKWARDS KICK AND HOLD



- Use club as support if necessary.
- Raise foot backwards and grab with hand.
- Hold for 3 seconds, and repeat 5 times.
- Switch legs.

HOLE #8 ROCKING CALF RAISES



- Stand with your feet shoulder-width apart.
- Raise up on your toes as high as you can.
- Hold 3 seconds.
- Lower your heels down, and raise your toes off the ground.
- Hold 3 seconds.
- Rise back up on your toes.
- Repeat motion 8 times.

HOLE #9

REACH UP AND LEAN BACK

- Reach up high over your head with the club to the sky.
- As you are reaching upward, lean back, and look up to the sky.
- Keep your heels flat on the ground, and press your hips forward.
- Hold for 2 seconds.
- Return to start position.
- Repeat 8 times.



HOLE #10

STAY HYDRATED. DRINK ANOTHER 8 OUNCES OF WATER.

HOLE #11

STANDING ROTATIONS WITH TILT



- Stand in a golf stance with a golf club across your shoulders.
- Rotate torso fully to the right.
- Maintain rotation as you keep your hips square, tilt to your right.
- Tilt right shoulder so that your left shoulder is higher than right.
- Return to rotated position, and rotate to the right again.
- You should be able to increase your turn.
- Tilt again and repeat a total of 3 times.
- Rotate shoulder to the left.
- Repeat sequence.

HOLE #12 SPINAL ARCHES



- Stand nice and tall.
- Place a golf club to the middle of your back.
- Squeeze your shoulder blades together.
- Arch your back, and look up to the sky.
- Hold for 3 seconds.
- Relax, and repeat for 8 times.

HOLE #13 CLUB OVERHEAD



- Grab a longer club in your bag.
- Stand with your feet close together.
- Grab the club on both ends with the palms facing you.
- Pull the club up over your head.
- Keep your arms straight.
- Try to pull the club to your back side.
- Pause for 2 seconds.
- Return to the front of your body.
- Repeat 8 times.

HOLE #14 SINGLE LEG TORSO ROTATIONS



- Stand in a golf stance.
- Raise your right leg off the ground.
- Rotate torso to the left, and then to the right.
- Repeat rotation 8 times.
- Switch legs and repeat.



HOLE #15 STAY HYDRATED. DRINK ANOTHER 8 OUNCES OF WATER.

HOLE #16 STANDING HIP CIRCLES

- Stand in a golf stance.
- Keep your feet flat on the ground.
- Keep your shoulders square and still.
- Rotate hips back to the right.
- Rotate your hips to the left.
- Rotate hips back to the right.
- Continue 8 times each side.



HOLE #17

DOUBLE ARM EXTERNAL ROTATIONS



- Stand nice and tall.
- Grab a golf club in your hands at the both ends.
- Bend your elbows 90 degrees.
- Rotate both arms at the same time over your head.
- Rotate as far as you can while maintaining an upright posture.
- Hold 2 seconds while keeping your elbows at a 90 degree angle.
- Return and repeat 10 times.

HOLE #18

INVERTED TOE TOUCH



- Stand on your left leg.
- Bend over at the hip while keeping your left leg relatively straight.
- Reach your right hand to your left toe.
- Extend your right leg back.
- Maintain this position for 2-3 seconds.
- Rise back up, maintain your balance on your left leg.
- Lower yourself back down.
- Repeat 5 times and then switch legs.

AMERICAN HEART ASSOCIATION GUIDELINES

The American Heart Association suggests at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). 30 minutes a day, five times a week is an easy goal to remember, however you will also experience benefits even if you divide your time into two or three segments of 10-15 minutes per day.

Physical activity is anything that makes you move your body and burn calories, such as climbing stairs or playing sports. Aerobic exercises benefit your heart, such as walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.

The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life.

What if I know I won't be able to make it for 30 minutes?

Something is always better than nothing! And everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. If you don't think you'll make it for 30 minutes, set a reachable goal for today. You can work up toward your overall goal of 30 minutes by increasing your time as you get stronger. Don't let all-or-nothing thinking rob you of doing what you can every day.

PHYSICAL ACTIVITY IMPROVES QUALITY OF LIFE

Do you want to add years to your life? Or life to your years?

Feeling your best boosts your zeal for life!

The American Heart Association recommends 30-minutes of moderate activity, but three 10-minute periods of activity are almost as beneficial to your overall fitness as one 30-minute session. This is achievable! Physical activity may also help encourage you to spend some time outdoors. Sunlight on your skin helps your body produce vitamin D, which brings many added health benefits.

Source: American Heart Association, Inc.

Here are some reasons why physical activity is proven to improve both mental and physical health.

Physical activity boosts mental wellness.

Regular physical activity can relieve tension, anxiety, depression and anger. You may not only notice a "feel good sensation" immediately following your physical activity, but most people also note an improvement in general well-being over time during the weeks and months as physical activity becomes a part of your routine.

Exercise increases the flow of oxygen, which directly effects the brain. Your mental acuity and memory can be improved with physical activity.

Physical activity improves physical wellness.

Stronger immunity

It enhances your immune system and decreases the risk of developing diseases, such as cancer and heart disease.

Reduced risk factors

Becoming more active can lower your blood pressure by as much as 4 to 9 mm Hg. That's the same reduction in blood pressure delivered by some antihypertensive medications. Physical activity can also boost your levels of good cholesterol.



Physical activity prolongs your optimal health.

Without regular physical activity, the body slowly loses its strength, stamina and ability to function well. And for each hour of regular exercise you get, you'll gain about two hours of additional life expectancy, even if you don't start until middle age. Moderate exercise, such as brisk walking, for as little as 30 minutes a day, has the proven health benefits listed above as well as:

- Improves blood circulation, which reduces the risk of heart disease
- Keeps weight under control
- Helps in the battle to quit smoking
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Releases tension
- Promotes enthusiasm and optimism
- Counters anxiety and depression
- Helps you fall asleep faster and sleep more soundly
- Improves self-image
- Increases muscle strength, increasing the ability to do other physical activities
- Provides a way to share an activity with family and friends
- Reduces coronary heart disease in women by 30-40 percent
- Reduces risk of stroke by 20 percent in moderately active people and by 27 percent in highly active ones

Source: American Heart Association, Inc.

- Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life
- Helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer for seniors

So, why not see for yourself? Once you get over the inertia and find creative ways to fit physical activity into your life, we think you'll agree that the effort to get moving is worth it!

FREQUENTLY ASKED QUESTIONS ABOUT NUTRITION

How many calories should I eat?

The number of calories you should eat each day is based on your age, gender, height, weight, and physical activity level, and whether you're trying to lose, gain or maintain your weight. Too much of even 'healthy' foods will result in weight gain or undermine efforts to lose weight.

What are the "bad" fats and which foods contain them?

The "bad" fats are saturated and trans fats.

Saturated: Saturated fats occur naturally in many foods. The majority we eat come mainly from animal sources, meat and dairy (milk fat) such as fatty beef, lamb, pork, poultry with skin, beef fat (tallow), lard and cream, butter, cheese, and other dairy products made from whole or reduced-fat (2%) milk. These foods also contain cholesterol. Many baked goods and fried foods can also contain high levels of saturated fats. Some plant foods, such as palm oil, palm kernel oil, and coconut oil, also contain primarily saturated fats, but do not contain cholesterol.

Trans: Trans fats are found in many foods. About 20–25 percent come from animal fat and 75–80 percent come from partially hydrogenated fat – especially in commercial baked goods (pastries, biscuits, muffins, cakes, pie crusts, doughnuts and cookies) and fried foods (French fries,

fried chicken, breaded chicken nuggets and breaded fish), snack foods (popcorn, crackers), and other foods made with partially hydrogenated vegetable oils, traditional vegetable shortening or stick margarine. (Soft margarines typically contain very low levels of trans fats.)

Are all sugars bad?

No, but sugars add calories and zero nutrients to food. Adding a limited amount of sugars to foods that provide important nutrients—such as whole-grain cereal, flavored milk or yogurt—to improve their taste, especially for children, is a better use of added sugars than nutrient-poor, highly sweetened foods.

What does the AHA recommend as a limit for daily added sugars intake?

Your daily discretionary calorie allowance consists of calories available after meeting nutrient needs—these calories don't contribute to weight gain. The American Heart Association recommends that no more than half of your daily discretionary calorie allowance come from added sugars. For most American women, this is no more than 100 calories per day and no more than 150 per day for men (or about 6 teaspoons a day for women and 9 teaspoons a day for men).

Sugar's primary role in the body is to provide energy (calories). To get the nutrients you need, eat a diet that's rich in fruits, vegetables, whole grains, lean meats, fish, poultry and low-fat or fat-free dairy products. Typically, foods high in added sugars do not have the nutrients the body needs and only contain extra calories.

Do I need to cut out all my favorite “bad” foods?

No, but consider sweets, such as candy and cake, and fatty or salty foods, such as fried foods and snack chips, as treats that you eat only once in a while instead of often.

These foods tend to be low in essential nutrients and high in calories. Remember to check the fat and calorie content so you can stay within our recommended limits for total, saturated fats, and trans fats. When possible, make choices that contain the lower amounts of saturated fats and trans fats.

Source: American Heart Association, Inc.

HEALTHY SNACKING

Snacking isn't “bad”, if you do it in moderation and make healthy choices. Healthy, good-for-you snacks can be a part of a healthy diet – which you need to do to live healthfully.

To snack the sensible way, choose nutrient-rich snacks like those listed below:

Crunchy:

- Apples and Breadsticks
- Carrot and celery sticks
- Green pepper sticks
- Zucchini circles
- Radishes
- Broccoli spears
- Cauliflower
- Unsalted rice cakes

Thirst

- Fat-free milk
- Unsweetened juices
- Low-sodium tomato or mixed vegetable juice
- Water

Hot

- Clear soups, such as homemade or low-sodium canned vegetable or tomato soup
- Cocoa made with nonfat milk

Munchy

- Unsalted sunflower seeds
- Whole-grain breads or toast
- Cherry or grape tomatoes
- Low-fat or fat-free cheese
- Plain, low-fat or fat-free yogurt
- Bagels
- Unsalted almonds, walnuts and other nuts

Sweet:

- Unsweetened canned fruit
- Thin slice of angel food cake
- Baked apple
- Raisins
- Dried fruit gelatin gems
- Frozen bananas
- Frozen grapes
- Fresh fruit
- Low-fat or fat-free unsweetened fruit yogurt

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Steps to Miles Conversion Chart

Approximate - based on Shape Up America

STEPS	MINUTES	MILES
500	5	¼ Mile
1000	10	½ Mile
1500	15	¾ Mile
2000	20	1 Mile
2500	25	1 ¼ Miles
3000	½ Hour	1 ½ Miles
3500	35	1 ¾ Miles
4000	40	2 Miles
4500	45	2 ¼ Miles
5000	50	2 ½ Miles
5500	55	2 ¾ Miles
6000	1 Hour	3 Miles
6500	65	3 ¼ Miles
7000	70	3 ½ Miles
7500	75	3 ¾ Miles
8000	80	4 Miles
8500	85	4 ¼ Miles
9000	1 ½ Hours	4 ½ Miles
9500	95	4 ¾ Miles
10000	1 Hr 40 min	5 Miles

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WHAT IS A PEDOMETER?

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



PGA
CELEBRATING 95 YEARS