



JUNE 2016 • • •

Club Hours

Monday-Thursday, 5AM-11PM

Friday, 5AM-10PM

Saturday & Sunday, 7AM-7PM

Strengthen Your Golf Swing

By Anna Altman, Expert Personal Trainer and Wellness Coach

Summer is nearly here and it's time to get into the "swing" of things... the GOLF swing that is...

How can training INSIDE a gym help your swing OUTSIDE on the fairway? Well, let's get right down to the core of it... your core that is. A strong swing starts with mobility, flexibility and strength in the thoracic spine, shoulder girdle and legs.

Let's start with the back. We want to both strengthen your latissimus dorsi (the big muscles which run down your back), and create mobility through your middle back or thoracic spine area.

Exercises which improve back strength and stability, such as a lat row, or cable pull down, will help you get behind the push motion of your swing, while exercises like a woodchop, plank twist, or cable twist, help give your back muscles mobility to drive through and control the velocity of your swing.

Moving right along to the shoulders; shoulder joint flexibility is a must to have a strong follow through in your swing. Working on the external rotation of the shoulder joint with weights or cables can help maintain and increase the mobility of your shoulder as well as prevent injury.

Finally, strong hips, legs and lower back are imperative for a strong swing, as your legs form the base from which your swing can progress. Exercises such as a dead lift, squat or leg sled can help increase strength and function of lower back muscles as well as the quadriceps and hamstrings in the leg.

Working on the form and function of various muscle groups IN the gym (often with an expert like myself or other Wellbridge Personal Trainers), is just as important as practicing that swing outside the gym.

**Stay focused,
Anna**

Fit in 15

Mondays, 8AM and 6:30PM

Tuesdays, 6:30AM and 6:30PM

Wednesdays, 6:30AM and 6:30PM

Thursdays, 6:30AM and 6:30PM

Fridays, 6:30AM

Saturdays, 8:30AM

Quick yet challenging 15-minute workout demos lead by our Certified Personal Trainers!

Sign up for your Complimentary Personal Coaching Session!

Set goals and receive a plan to accomplish them. For more information, please contact Kelly Whalen at kwhalen@wellbridge.com.

Interested in Youth Programs?

Please contact Becca Rochowiak at brochowiak@wellbridge.com.

OPPORTUNITIES TO ENGAGE

Summer Kids Swim Lessons June 4-26

The session will be 4 weekends worth of fun. Cost is \$65 for members, and \$80 for non-members. We have openings for children 6 months old to age 7! Registration now open. Want to create your own swim group or try semi-private or private swim lessons? For more information please contact HESwimlessons@wellbridge.com.

Know Your Testosterone Numbers

by Van Becker, M.A., Certified Personal Trainer

It's only natural for testosterone levels to decline with age. Testosterone, perhaps the most important male hormone, is affected by lean body mass, skin thickness, sexual drive and performance, and even longevity. Because testosterone is crucial to lifelong health and wellness, it's important for men to know their testosterone levels and what they can do to keep them in a healthy range.

Reference values for Total Testosterone:

Males > 19-years-old is 240-950 ng/dL

As you can see, this range is quite wide. However, recent studies have shown that those in the top 5 percent lived an average of eight years longer than those who fell in the middle or lower range. So, what can men do to keep their testosterone levels elevated? Try these easy ways to boost "T" levels naturally.

:: Perform exercises that work several muscles or muscle groups at one time, such as squats, dead lifts and bench presses

:: Lose abdominal body fat – or that "spare tire" – which converts testosterone into estrogen

:: Turn up the passion in your life

:: Aim for 6-8 hours of sleep each night

:: Better manage stress

:: Take 1000mg of Vitamin C daily

:: Ensure you're getting enough Vitamin A, B and E

:: Eat more healthy, monounsaturated fats and Omega-3 fatty acids

:: Get more Zinc from fresh produce or supplementation

:: Avoid Xenoestrogens (plastics, pesticides residues and soy products)

Follow these simple tips for a big boost in your testosterone levels.

