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## **FITNESS TIP - GOLF**

LPGA/PGA Pro: Rebecca Dengler

*By Jane R. Snyder*

According to LPGA/PGA Golf Pro Rebecca Dengler, spring is the best time to re-educate your muscles and gear up for a new season of golf.

*“For stretching, strengthening, and balance, your most important piece of equipment is a Physio Ball®. Pilates and yoga can also help on deeper stabilization of core muscle groups, especially your hips. One valuable exercise is to stand on one leg with your hands at your sides. Bring the other leg up at a 90° angle and hold this position for 2 minutes. Once you master that, try it with your eyes closed for a greater challenge.”*

If you have questions about golf, fitness, or instruction, please contact Rebecca at: [beckydengler@aol.com](mailto:beckydengler@aol.com)

**NOTE:** Before engaging in any type of physical activity, please contact your physician to see if is right for you.

