



Hitting the Golf Course, Tips for a Day of Healthy Swings

Through a storybook ending no one expected in Augusta, Tiger Woods, 43, won his fifth green jacket 22 years after winning his first Masters Tournament in 1997. Hugging his son in celebration much like he hugged his own father over two decades ago, Tiger was able to taste victory once again after all these years. How did a man approaching his mid-40s come back to dominance over competition nearly half his age? Despite ongoing back injuries, issues and surgeries throughout recent years, Tiger set his mind to taking the right steps for longevity.

The Morrow Family Medicine team admires how Tiger overcame his physical setbacks, and we're here today to help you with a few lifestyle insights and suggestions that could help your golf game improve this season.

Tee Off With These 5 Healthy Habits

1. Hydration. In warm weather, loss of fluids can result in a decline of performance. To avoid being at risk for dehydration, keep plenty of water with you at all times while on the golf course. Drink it periodically throughout the round. If you plan on consuming alcohol that day, only do so after the 18th hole. Drinking alcohol before or during a day under the sun will raise your risk of

dehydration.

2. Training. You might live and breath all things golf, but do you prepare for it in your year-round regimen? It's a demanding and precise sport that requires proper preparation. During the off-season and leading up to your first round of the year, stay fit. Regularly exercise to trim fat, to develop essential muscles and to maintain strenuous golf-related motions. Additionally, cross train as much as possible to minimize the risk of injury by reducing stress on frequently used muscles. In short, don't expect to shoot a low score after taking the winter off.



3. Skin Protection. As mentioned in the hydration section, the sun can take a tremendous toll on our bodies. Many experts advise that golfers wear sunscreen and lip balm to protect themselves from sun damage. Additionally, we suggest that you consider apparel skin protection solutions such as hats and arm sleeves.



4. Stretching. Golf is a rotation-based sport, so flexibility is incredibly important. Spend some time warming up before your round and cooling down after your round by stretching. These exercises should focus on your back, hips, arms and legs.

5. Stress Management. The great Jack Nicklaus once said that golf is 80% mental. Keeping your focus is a crucial part of this sport, and you can take strides that will make the game as stress-free as possible. Instead of lashing out on your clubs, make positive habits such as clapping to yourself after every hit. Even if your ball has a habit of finding its way into sand traps or lipping out after a putt, react positively and align your focus to respond effectively to undesirable hits.

Book an Appointment at Morrow Family Medicine

Taking these little steps could help you achieve your best season as a golfer yet. For a check-up before heading out to the course, visit the team here at Morrow Family Medicine. [Contact us today](#) to schedule an appointment. We're looking forward to helping you tee it up.

To Your Health!
The Morrow Family Medicine Team

Visit us at: [Morrow Family Medicine](#) or call us at: **770-781-8004**.



We are committed to your health and well-being. We utilize state of the art technology and old fashioned attitudes to care for all our patients. To learn more about us visit Morrow Family Medicine's [LinkedIn](#) page. Morrow Family is the proud recipient of the **Best of Forsyth** award for **2015, 2016** and **2017**. **Morrow Family Medicine is now available to see you at two locations: Cumming**- 3970 Deputy Bill Cantrell Memorial Highway, Suite 150, Cumming, GA 30040; **Milton** - 12970 Highway 9, Milton, GA 30004.



Dr. Jim Morrow



Have you lost your spark for your passions? Check out the latest podcast episode from Dr. Morrow as he discusses a real and important topic: depression. Why does depression happen? How can it be treated? Dr. Morrow addresses these questions and more in our latest *To Your Health* episode.

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SPOTS ARE FILLING UP FAST!

Sign Up NOW for The Forsyth BYOT Golf Tournament



Enjoy a day out on the course while supporting the education of children in Forsyth County. Join us for our **2019 BYOT Golf Tournament**. If you want to be a part of this cause and tournament, [sign up today](#). Spaces are limited!

The tournament is May 6, 2019.
Registration is at 7:30 a.m. Shotgun start at 9 a.m.

We offer a breakfast and coffee bar and a bloody mary bar before the start.

Each golfer gets a free snack and drink during play and then a full barbecue buffet after the finish with a raffle, a silent auction and awards to follow.

[SIGN UP TODAY](#)

The Morrow Community Foundation

Our mission is to support the people of Forsyth County who are financially unable to provide for the educational needs of their children. Specifically, we are supporting the technology initiative titled Bring Your Own Technology, or **BYOT**.





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