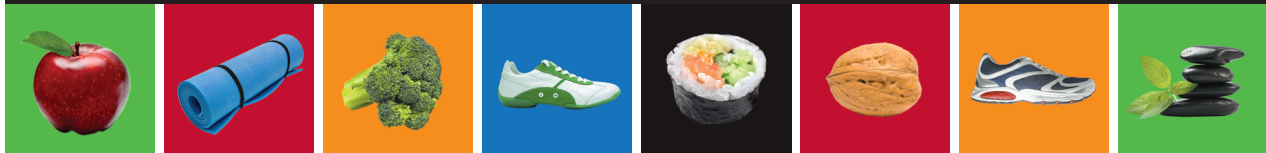


When you live healthy, life is **good!**

INFORMATION BULLETIN

July 2010



Summer is: Good for you!

Stretch into golf

Why stretch?

Stretching loosens your muscles and limbers up your joints, which contributes to improved performance and injury prevention.

When is the best time to stretch?

Stretch before each game, within 45 minutes of teeing off.

How to stretch

Try the following stretches:

- 1 Shoulders: Backward shoulder rotations
1 x 30 sec
- 2 Oblique abdominal and quadratus lumborum muscles: lateral torso stretches
1 x 30 sec on each side
- 3 Hamstrings: Posterior torso stretches
1 x 30 sec
- 4 ½ swings: Complete a series of ½ swings using a short iron (e.g. a pitching wedge)
10 swings
- 5 ¾ swings: Complete a series of ¾ swings using an iron
10 swings
- 6 Full swings: Complete a series of full swings using a 1-wood driver
10 swings



Stay hydrated to stay on top of your game!

It's a hot afternoon and the sun is beating down on your face. While jumping into a pool or the ocean may make you feel refreshed, taking a splash won't help replace fluids lost through perspiration in the heat of the sun.

Recommendation: Take a few sips of your favourite drink every 10 minutes, e.g. water, lemonade, ice tea or fruit juice. Don't wait until you are thirsty - that's a sure sign you are already dehydrated.

And take note, alcohol is not a thirst-quenching beverage. In fact, it has the opposite effect, making you dehydrated. If you choose to drink alcohol, be sure to consume water at the same time as per the recommendations above. You'll be glad you did the next day!



True or False



Only quality sunglasses can provide adequate protection for your eyes.

True. Quality sunglass lenses cut out 85% of visible light and filter out UV rays. They protect your eyes against harmful ultraviolet light, which is strongest at midday and when reflected off the surface of water.

BBQ marinades: It's not just a question of taste!

Simple marinades have the ability to reduce 92% to 99% of the cancer-causing substances produced when grilling foods.

- Use your favourite vinaigrette, preferably an olive oil based dressing.
- Let marinate for a few hours in the fridge.

Use a thermometer to ensure meats are not overcooked:

Chicken	74 °C to 82 °C (165 °F to 180 °F)
Ground beef, pork and lamb	71 °C to 77 °C (160 °F to 170 °F)
Steak	63 °C to 71 °C (145 °F to 160 °F)