

LIVING A HEALTHY LIFESTYLE

Walking 18 holes of golf is equivalent to walking four miles... Tennis can burn 500 700 calories and hour!!! Golfing can be good for you if done correctly, according to Harvard Men's Health Watch Boston, MA — Because golf is a leisurely sport, many people don't think of it as promoting heart health. Conversely, since it is easygoing, injuries are believed to be rare. The August issue of the Harvard Men's Health Watch debunks these myths and advises readers how to benefit the most from their golf game. Golf can be good for your health and safe for your heart. These health benefits don't come from swinging your club, but from walking. Walking an average course for a round of golf can be as much as four miles. If you walk 18 holes three to five times a week, you'll get an optimal amount of endurance exercise for your heart. If you pull your clubs or carry them, you'll burn more calories per round, and benefit even more.

The August issue of Harvard Men's Health Watch warns golfers of the likelihood of injuries, which is greatest in older players and infrequent players. Because a golf swing involves the whole body, any part of the body can be injured in the course of play. Common injuries include shoulder problems like rotator cuff tendonitis, hand and wrist injuries like carpal tunnel syndrome, "trigger finger," as well as elbow inflammation. Back muscle strains are also common and some players can experience serious back injuries. Golfers can also develop strains, sprains, and tendonitis of the knees, ankles and feet.

The August issue offers advice for avoiding injuries:

- Stretch at least three times a week, paying particular attention to your back, shoulders, and arms. Be sure to warm up for 10 15 minutes before play.
- Take lessons. Good technique is your best defense against injuries.
- Use good equipment including shoes, socks, gloves, and clothing.
- Spot problems early and treat them aggressively. Ice down aching tissues directly after playing. Use the PRICE (protection, rest, ice, compression, and elevation) approach to treat more serious problems, and get help from a professional if you don't improve promptly.

Source: http://www.golfgearreview.com/article_display/1038.html

How many calories will tennis burn? A vigorous singles tennis match burns up to about 500 calories an hour if you weigh 140 pounds and up to 700 calories per hour if you weigh 190 pounds. Because you have less territory to cover and don't hit the ball as often, an hour of doubles burns about 381 calories if you weigh 140 pounds or about 530 calories if you weigh 190 pounds. Although its aerobic benefits are limited, tennis builds nearly every muscle group, particularly those in your legs and arms. It also increases your flexibility because so many moves in tennis, especially the serve, employ full range of motion. Tennis is a year round sport, thanks to indoor tennis facilities. Although some clubs are expensive to join, others are not so expensive. There are also many free courts located at high schools, parks and other public places. Courts can also be found in most townhouse communities and in newer housing developments, including retirement villages. Tennis is a great family sport; youth racquets are available for children as young as age 3. Tennis is a social game; there is plenty of time to chat between games and sets. Because you get lots of opportunities to whack the ball, tennis is also a great way to let off steam. Recreational tennis is often played for fun. If you have a competitive spirit, you can join a tennis league. Leagues are organized so you will play opponents of a similar skill level to yours. Most tennis clubs and many community recreation departments sponsor league tennis.

Source: <http://www.tucsonracquetclub.com/html/main/HealthFitnessTips.html>