

## 8. Older individuals won't benefit from exercise...

Not true. Engaging in a properly designed strength training program, for example, can have numerous benefits for older individuals, including an increase in bone strength and density (with a corresponding decrease in the likelihood of contracting osteoporosis); and an improved self-image. In fact, exercise has been shown to be able to slow down the so-called "aging process". Exercise can diminish the rate of deterioration to the major systems of the body that typically occur over the course of an individual's lifetime.



## 9. Exercise has to be expensive...



Not True. Other than a good pair of shoes to support and protect your feet while you exercise, you don't need expensive clothes to achieve positive results from exercising. Your body doesn't really know if you're exercising in a set of old clothes or a new (expensive) outfit from your local sporting goods store. By the same token, you don't need expensive equipment to develop any of the five basic components of physical fitness.

## 10. Exercise is a contest...

Not true. The old axiom - "do your best and leave the rest" - should apply to your efforts to condition yourself in a sound, sensible way. How much someone lifts or how fast or how far someone runs compared to someone else is virtually meaningless. Fitness is an individual matter.



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Don't you just hate it when you have hit two great shots to the hole and you are just left with a 10 or 15 yard pitch to the flag and you totally make a hash of it, because you either hit the ground about 2 inches behind the ball and the divot covers the ball or you hit it that clean it sails over the green and ends up in deep trouble behind it!

When you practice these shots you must remember, not to use the wrists excessively.

- Rule 1 The stance must be narrowed in relation to the reduced distance you require the shot to go.
- Rule 2 The ball position should be slightly left of the centre of the stance.
- Rule 3 The shoulders remain parallel to the ball to target line but the feet aiming slightly left.
- Rule 4 Allow your weight to favour your left side on a 60/40 ratio keeping the hands ahead of the ball.
- Rule 5 When swinging the club, feel that it is played with the shoulders and arms (restricting the wrists slightly), but keep the weight on the left side.

May I take this opportunity to introduce myself to you all. I am the new Golf Professional here at the Riyadh Inter-Continental Golf Club. I have taken over from Mr. Kevin Hind who has moved to Dubai. I was very flattered to be approached to write a little something in the RGBB newsletter, as I have only been here a very short while. Anyway, I hope my little tip has helped you in some way and I look forward to doing this again, for more tips why not come for a lesson? Call 465 5000 ext. 6579 for further details.

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