Hello girls,

I hope that you all have had the opportunity to get out in the nice weather the past few days. Unfortunately today is not as nice and it looks like the next few days might also include scattered rain. Here is a link to a good 25 minute golf workout that you can do inside with minimal equipment. Remember that you can always substitute books or cans for weights, and just use the floor if you do not have an exercise ball.

<https://www.youtube.com/watch?v=Icfdmkmk9Qw>

Always make sure that you have your ball properly marked so that you know what ball is yours. It is suggested that  you identify your ball with your opponent not only at the start of the round, but whenever you play a new ball (in case you lose one in the water or out-of-bounds). There is a two-stroke penalty for playing the wrong ball which is totally avoidable!!!! It is not enough to just say you are playing aTtitlest or Bridgestone; your opponent might be playing a similar ball. Put a distinctive mark on it with a sharpie before you use it, like an initial or a happy face or a dot. Let your opponent know what it is so that there will be no confusion during the match. Trust me, we have all hit the wrong ball at least once during a match, and its no fun at all to lose those 2 strokes, or the entire hole in match play!

Hope you have a great day!

Laurie