When the weather is not good enough to go for a walk, either take a weight that you can handle or something that you can hold securely that has a little weight and imitate the twisting motion of a golf swing for 3 sets of 15 repetitions. Make sure you do both sides, even though you only use one depending upon if you are left or right handed. This way you work both muscle groups. Do a one-minute plank in between the sets. Keep using the stairs in your house or apartment; go up 2 steps at a time, and do it slowly. When you get to the top and bottom, do 25 squats. Repeat 5 times.

Rule to think about:
Remember that if you are on the fairway and either the ball or your feet  are in what we call “casual water” you may get free relief. This means that if it is squishy in your stance (you should see water come to the surface when you move your feet) you may find the nearest point of relief, not closer to the hole, and drop your ball (from knee height). Make sure you tell your opponent that you are doing so, so that they can see that there is no doubt about what you are doing.

Thanks and stay well,
Laurie