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# The Scoop

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More Information at  
[www.SkinnyJeansForever.com](http://www.SkinnyJeansForever.com)  
888-733-7375

## Upcoming Event

We all want to play our best game of golf all the time, but to play your best, you must be prepared.

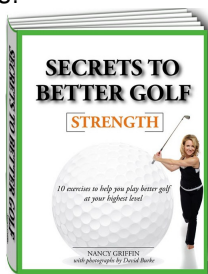
Join Nancy, Matt Kluck and other golf experts for "Hit it High, Far and Straight," a clinic designed to help you enhance your balance, and improve stability, flexibility and your swing!

The clinic will take place from 9 a.m. to noon on April 25 at the Robert Morris University golf dome on Neville Island. The cost is \$99 and you can register online at [www.SkinnyJeansForever.com](http://www.SkinnyJeansForever.com).

## Secrets to Better Golf, is here

Now golfers can take me home with them without getting flack from their wives!

After working closely with PGA, Matt Kluck, I have discovered 10 strength and 10 flex exercises to help golfers hit the ball farther, with more accuracy and less fatigue.



It may not feel like it, but spring is here!

With warmer temperatures on the way, spring is the perfect time to get outside and enjoy the outdoors. I love the spring time because all the beautiful flowers begin to bloom and smell great!

This month's issue includes information on the importance of working your core muscles; how to get a jump on summer fitness with personal training specials, a golf tip from my friend, Matt Kluck; the release of my new book, and much more.

The next session of Pilates classes starts May 4 through July 2 (no classes week of June 22 through June 25). Registration starts now!

As always, thank you for taking the time to read The Scoop.  
Nancy Griffin

PS: Don't forget to attend Hit it High, Far and Straight on April 25. For more information, go to [www.SkinnyJeansForever.com/events](http://www.SkinnyJeansForever.com/events).



## Spring 2009

## Get a jump on summer with personal training

I'm pleased to share that my 14 year old son is getting a jump on summer by coupling strength training with Pilates. His goal is to prevent muscle strains from skate boarding and build size to impress his friends. If you have a son or daughter who needs smart exercise to get in shape for a sport, or general conditioning give me a call. I can teach them safe lifting techniques, design programs to help them excel at their sport, or challenge them with cardio circuits to burn fat. If you want to get a jump on summer, check out my personal training specials:

5 personal training sessions for \$225! Plus, receive two butt-kicking DVDs (Quick Tone Routine & Great Butt and Thighs -30 minutes each.)

### Personal training special for golfers

5 Pilates for golfers personal training sessions at \$275. Plus, receive two better golf DVDs (Secrets to Better Golf & PGA, Pilates and Golf - 30 minutes each.)

### Personal training for groups

For those of you available during the day, with rates as low as \$25 per session with a package. Call Nancy for more details.

Despite demanding workouts, many golfers over train specific body parts creating muscle imbalances, that result in swing faults and lousy golf.

I make Pilates for golf fun with my colorful illustrations and easy to follow instructions. Each book, *Secrets to Better Golf: Flex* and *Secrets to Better Golf: Strength*, contain 10 simple and helpful exercises that require very little time and equipment. But, each exercise will help any golfer achieve greater success on the course.

Each book is available in a downloadable PDF format (\$9.95 for one book), spiral bound version, or both books combined (\$17.95).

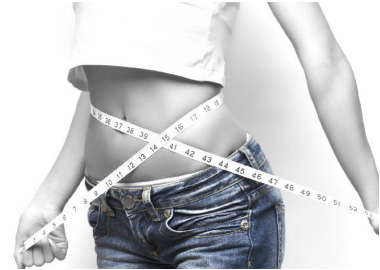
These simple exercises will get any golfer into top shape for golf, while improving their game and making them a better golfer.

Isn't it time you found a smart, yet quick workout to help your game? Purchase my books today and soon you'll be driving the ball farther and playing as much golf as you like, pain free, and at your highest level.

## Core training is essential to achieving a healthy body

The powerhouse or core is generally the band of muscles that circles your body just above the belt line. It consists of the obliques, abdominals, lower back, and the glutes. Since much of our movement and strength is initiated from the core, it is important to treat it with care.

Regular exercise is the best action to stretch and improve the flexibility of your core muscles. Without a strong core, you risk the chance of extremely poor posture and joint problems. To avoid problems down the road, Pilates is the perfect exercise to help you build a strong core. Here's how:



During Pilates exercise, students focus on drawing their core in and up to the center. This movement is similar to cinching in a corset.

Throughout the exercise, students stabilize their core from movement-to-movement. What's great about Pilates is that you will notice results quickly through injury free movements.

Benefits of a strong core:

- Less muscular back pain- helps avoid back injury
- Flatter abs and reduced love handles
- Improved physical performance
- Improved balance

For quicker results, make sure your diet consists of healthy food choices. Fatty and sugary foods will hold you back from achieving your goal of a stronger core and flatter, firmer tummy.

## Become a better player

By, **Matt Kluck, PGA Master Professional**

It is early in the season and every player should ask themselves the following questions to properly evaluate whether or not the goals they set are reasonable, attainable and measureable. These ideas will help you make better decisions regarding your game:

- Do you properly identify your inefficiencies and practice your game with proven techniques for skill acquisition and transference?
- Do you have an edge? Practice, preparation, competitiveness, physical fitness, equipment, mental toughness, etc?
- Are your shot making decisions and skills sufficient to compete at the level you seek?  
Identify the areas of your game that need to improve.
- Do you hit rockets at the range and make every six footer in practice just to see your confidence broken on the first missed shot or missed fairway? What is the cause of this phenomenon?

- Are you attempting shots or making decisions that you are not prepared to accomplish?
- Technique
  - Do you have a consistent routine that enables you to cue your shot, whether it is a putt or a tee shot?
  - Do you over analyze the shot and try to do too much with the shot
  - Does your practice routine mirror your play routine
  - Do you allot enough time to perfect your skill or do you "play your game into shape" or vice versa?
  - Is your knowledge of the skill sufficient to perform it?
  - Are you seeking proper advice from a trained professional?

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