

GYM GEMS

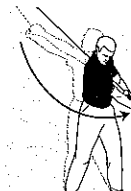
Q Is heavy lifting bad for golfers?
A No, but it's better for you if you swing if you do accelerated movements with lighter weights, says Mark Verstegen, athletic trainer and author of the *Core Performance* book series. Heavy weights do help with intra- and inter-muscle coordination.

The best nut in the bowl

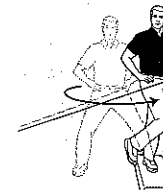
Tired of peanuts in the snack bowl at the club? Ask the food-and-beverage manager for a new nut, or even better, a variety. We tested several to determine the best for taste, nutritional value and crunch to help you decide which is right for you. The almond edged the pistachio for No. 1, but the pecan scored highest on nutrition. The nutritional info is based on one ounce or a handful of nuts.

| | WALNUT | PECAN | HAZELNUT | PISTACHIO | ALMOND |
|------------------|--|--|---|---|--|
| TASTE | Too earthy, and skin fragments get caught in the throat. Mild taste. Score: 5 | Starts a little bland but has a creamy finish. Score: 5 | Almost too sweet. Doesn't work with a beer. Score: 8 | Even without salt, it has personality. Score: 8 | Smoky flavor is good. Sawdust-like residue that stays in your mouth is bad. Score: 7 |
| NUTRITION | Second-most antioxidants, 2.5 grams of omega-3 fatty acids. Protein four grams. Score: 9 | The most antioxidants by far. Also three grams of fiber. Score: 10 | Highest source of monounsaturated fat (13 grams). Great for boosting HDL (good) cholesterol. Score: 5 | Reduces LDL (bad) cholesterol and has three grams of fiber and six grams of protein. Score: 8 | Heart-healthy combo of fiber (three grams) and monounsaturated fat (10 grams). Source of vitamin E. Score: 7 |
| CRUNCH | Soft enough for dentures. Score: 3 | Doesn't take much to get through one. Score: 4 | Firm, but not as crisp as the almond. Score: 7 | Doesn't have the punch of an almond but not as mealy as a walnut. Score: 7 | Pops in your mouth. Fun to eat. Score: 10 |
| | 17 | 19 | 20 | 23 | 24 |

STRETCH-BAND EXERCISES TO MASTER



1 / Anchor a band high, and get into a golf posture. Pull the taut band down across the chest with both hands, mimicking a downswing. Improves upper-body strength/rotation.



2 / Anchor a band low, and hold it taut at the waist. Place one foot on a platform. Step up and across the other leg. Improves hip strength/rotation.

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