



your guide to...

GOLFING FOR Fun & Exercise

ABOUT DR. TAE IM

Dr. Im sees patients of all ages at Rancho Family Medical Group's Single Oak location in Temecula. If he isn't in clinic, there is a good chance Dr. Im is golfing. "Golfing has become so much more than a hobby for me. I love getting out and exercising, enjoying the beautiful weather, and challenging myself mentally and physically on the course. Golfing with friends also allows for community as well as healthy competition."



HEALTH BENEFITS

Golf is not only enjoyable, it provides a wide variety of health benefits.

STRESS RELIEF

Vitamin D helps your endorphins and serotonin levels which help boost your mood as well as relieve stress and anxiety.

COMMUNITY & SOCIAL BENEFITS

Golfing is not only for professionals and business meetings. It is also a great way to spend time with friends. Many courses have great clubhouses where you can enjoy a good meal before hitting the tee. Relationships play a large roll in our mental health and golf is a great way to enjoy these relationships.

PHYSICAL FITNESS

Walking the course is a great workout, especially if you are carrying your own clubs! The golf swing is also a workout in itself though, using your arms, back, abdomen, and legs in each swing. I challenge you to golf with friends and take turns walking the course while your partner drives the cart.

LOW IMPACT SPORT

Golf is a low impact sport. As a result, joints and tendons are not subjected to the stresses of running, tennis, or other higher impact exercises. This makes golf a great recovery sport as well as a wonderful exercise as you age.

HELPFUL STEPS TO GET STARTED.

It is important to set yourself up for success before jumping in. Below are a few tips to get started with to help ensure successful habits.

1. EQUIPMENT

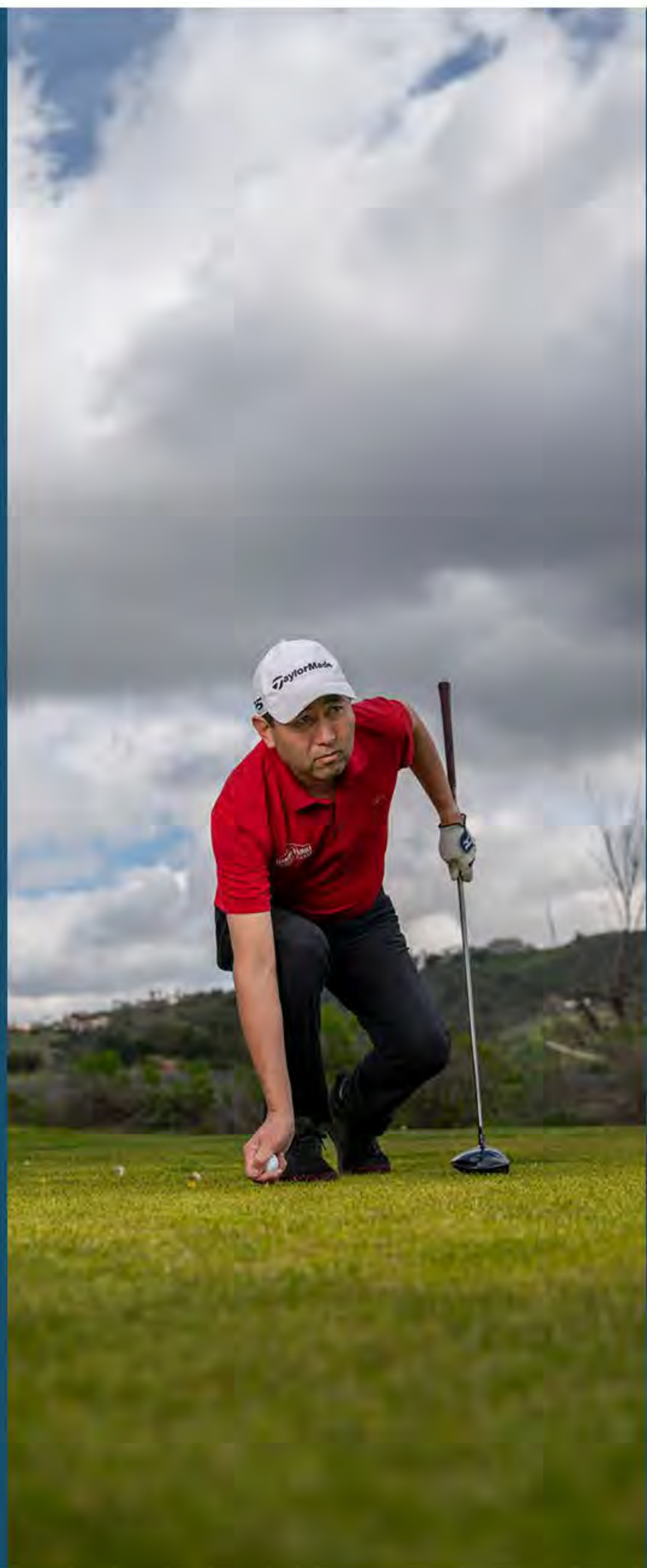
Yes, you will likely need to invest in some equipment. However, many courses do rent out clubs for those starting out. That might be a good place to begin before buying your own clubs. When you do need clubs, get measured for the right size. Using clubs that are too small or too big will effect your swing and will cause issues with movement as well as your performance. Any golf shop can easily assist you with this.

2. PRACTICE PATIENCE

Patience is key with golf. Especially if you are starting out. I do not suggest buying clubs and hitting the course on your first day. You will likely struggle and it will harder to motivate yourself to keep at it. Understand you need to start small and work your way up. Celebrate each achievement, no matter how small. Hitting wiffle golf balls in your backyard is a great way to work on your swing mechanics.

3. ENJOY YOURSELF

Golf will frustrate you at times, no matter how many years you have been playing. Some days you just don't have it together. That is why it is so important to have fun. Remember, you are doing this for enjoyment and to exercise outdoors, not to challenge Tiger Woods for the Masters. Make sure you set yourself up for success mentally.



READY TO SEE DR. TAE IM IN CLINIC?

If you have **PPO Insurance:**

1. Call and schedule an appointment any time! (951) 225-6802.

If you have **HMO Insurance:**

1. Locate your insurance card and call the service phone number on the back.
2. Ask the representative if your insurance plan is contracted with **REGAL MEDICAL GROUP.**
3. If they are **NOT** with Regal Medical Group, call us directly at **(951) 225-6807.** We can still help!
4. If they **ARE** contracted with Regal Medical Group, request to change your primary care physician to Dr. Tae Im. They will send you an updated insurance card in the mail.

HAVING TROUBLE SWITCHING ?

If you are having trouble making the switch, please call us directly and we can help. We will call the insurance company with you to make sure everything is correct!

(951) 225-6807

DID YOU KNOW?

You do **NOT** have to wait until Open Enrollment to switch Doctors! You can call your insurance and switch today.

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