



Swing, Two, Three, Four

Cardio Golf tones the heart and the swing

By Ron Kaspriske

IT USED TO BE A DILEMMA: Golf professional Karen Palacios could either spend time working out or working on her golf swing. Her favorite sport may be good mental exercise, but as far as physical exertion goes, it can't compete with aerobics.

"Then I got to thinking: Maybe there was a way to do both at the same time," Palacios says.

Her solution was as simple as it was creative. As a golf instructor at the Doral Resort & Spa in Miami, Palacios developed what she calls "Cardio Golf." In the fall of 1999, she introduced a 45-minute workout session that combines drills for improving the golf swing with exercises that increase the heart rate.

It starts with a 10-minute warm-up of stretching, followed by a 20-minute cardiovascular routine of swinging a club that has been cut down to avoid striking other participants. During this time, Palacios varies the drills to improve performance on the course. The students then switch to using hand weights for a 10-minute strength program, followed by a five-minute cool down.

For guests staying at the resort and using the spa, the class is free. For outside guests, it's \$25. For more information, call (305) 592-2000.