



# spotlight on health

## Jesper Parnevik Helps Golfers Get Into The Swing Of Spring

(NAPSA)—Spring marks the return of warmer weather and outdoor activities, and for golf enthusiasts, the beginning of peak golf season. But for the more than 35.9 million people who suffer from seasonal allergies, enjoying the outdoors can be challenging. That is why golfing expert and allergy sufferer Jesper Parnevik is offering tips that help golfers get into the swing of spring.

### **Springtime Golf Tips From Jesper Parnevik**

- Avoid tee times between 10 a.m. and 4 p.m., when pollen levels are at their highest. Check out [www.Benadrylusa.com](http://www.Benadrylusa.com) or a weather information Web site in advance for pollen counts.

- Pack essentials such as sunscreen and Band-Aids in your golf bag or cart. For allergy sufferers, pack an effective allergy medication like Benadryl, which can help to relieve even your worst allergy symptoms, such as runny nose, watery eyes and itchy throat.

- Clubs aren't one size fits all, so when purchasing clubs, consider length, shaft flex, lie angle, loft and grip size. Remember, for virtually the same price as off-the-rack clubs, you can be fit for a custom set that will improve your game.



- Choose the right course. Seasonal allergies are often caused by trees and grasses that have small, light and dry pollens, so picking the right type of course is important. For instance, a “links” course is relatively treeless, so it may have fewer allergy triggers.

- Putting is one of the most essential parts of the game—so try to spend about 40 to 50 percent of your practice time on the short game.

- If you're planning a golf vacation, try avoiding vacation destinations with hot, dry and windy weather, which generally means more pollen in the air.

- Don't forget the cardinal rule in golf—proper etiquette. Try not to move, talk, make unnecessary noise (such as sneezing) or stand close to or directly behind someone who's addressing the ball or making a stroke.