

Central Valley Golfers Keeping it in Play.



The Central Valley has some of the most beautiful golf courses in the country. It's no wonder our senior citizens spend so much time there. After all, what better way to work on your muscles, your heart and your head all at the same time. And look at all the fun they're having. It's easy on the joints, they burn calories, harden those bones, and believe it or not, they're burning calories in the process.

Of course, the benefits that you get from golf are great for everyone, but seniors seem to get more than the rest of us. Plus, they seem to have all the fun, probably because they know that their health issues are taken care of with Medicare. They also know that they have the very best plan for them, thanks to CentralValleyMedicarePlans.com.

Making Heads or Tails of Central Valley Medicare Plans

Chances of getting these golfers set up with the right plan was kind of like getting a birdie on the next hole. Not too good! And, did you know, every county in the Valley has different plans and different rates? So how do you know which way to go? Easy, you take the easy route, of course, and let CentralValleyMedicarePlans.com figure it all out for you. That way you can get back to the next tee box without any worries.

But Medicare is so complicated. Just when you thought the experts had it all figured out, here comes another kink in the armor. For example, I bet you didn't know that when your birthday rolls around each year, your Medicare Supplement rate goes up. So, yeah, you're not done yet. But just call

CentralValleyMedicarePlans.com and they'll help you move to another plan that has a better rate. You won't even have to go through underwriting again. See, they have 35 years of experience to take care of all of this. There's no reason for you to miss a tee-time just because your Medicare Supplement needs to be moved. Just let us take care of it for you and you can get back to focusing on that 3-foot putt.

Don't Let Medicare Confusion Break Your Concentration.

Bet you thought golf was a game of leisure and you didn't play for any health benefits. Well, think again. Golf is a terrific way for seniors to stay active and maintain their health. And you can play this game with family and friends of all ages until the day you die. And, did you know, that in golf there is a handicap system that allows you to play with someone 40 years your junior and still keep the scoring on a level playing field? So you'll have a whole lot more fun.

But the main thing for seniors is the benefits:

1. A day on the links is wonderful for giving the old ticker and lungs a good workout. Plus, it keeps the blood flowing and strengthens those arthritic knees. And what better way to keep your muscles flexible and your bones pliable. All of that twisting and turning will do the trick.
2. And speaking of blood circulation, just imagine what that walk through the woods does for your heart every week. Even if you just play 9 holes, you burn 721 calories if you walk and carry your bag. Make it 18 holes (or 9 holes twice a week) and the calorie count goes up to 1,442. And your chance of injury? Practically zero. (unless you're searching for balls in the woods too often.)
3. The mental side-Oh, yes, the brain. No stress (unless you're a club thrower), being outside in a beautiful setting is a great way to chill out. Plus, figuring distance, club selection and avoiding the water will keep your mind as sharp as a tack.

So, are you the sporting type? There's no reason to change any of that just because you're a senior. Golf is for all ages and it will keep you young for a long time. remember, you can play for a lifetime. And you can stay in shape and be mentally sharp forever. And, as we like to say, you won't even need Medicare.