

It Takes More Than Just Swinging a Club To Play Better Golf...But It Doesn't Take much!

Part I



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Here is a quiz for all of you...

- #1 Describe the characteristics of a runner's body type...football player...
basketball player...women's softball player...
- #2 Now answer the above question using a golfer as your subject...

Was #2 a little more difficult than #1? Maybe you even chuckled a little because you know golfers come in all shapes, sizes, genders, and ages. In the past, golf has been viewed as a relaxing way the "inactive population" spend a day. It's the perfect sport with little athletic ability needed and no grueling off and pre-season training. That is most likely why golf has recently become one of America's favorite pastimes...if you can spend the time! There are now over 28 million people, almost 20% of our population playing golf yearly. Golfers are everywhere and wearing everything!

General Exercise—an area of the game often ignored by amateurs

Times are definitely changing folks! Take a look back at the body types of many professional golfers in history. Fitness was NOT a focus...and, at the time, really didn't seem to be needed! Now look at what is happening to the bodies of the pros! More athletic builds and weight loss are being seen throughout the entire tour! From baby boomers to the younger generations alike, no matter what age, aesthetics may not entirely be the focus, but function and fitness are!



But here is a common scenario.....most non-professional golfers rush from being behind desks all day to their cars, show up at the golf course, shove their bags on a motorized cart to the tee and start swinging hard! Ouch! With the amount of force that goes into each swing, the undue stress on an imbalanced and inefficient body over and over can cause irreversible damage!

Forever looking for that magical move that takes strokes off your score probably leads you straight to the driving range to hit a few hundred golf balls. Sure! Practice makes perfect, right? Any Arizona Diamondback or Phoenix Sun would agree that throwing pitches or shooting baskets repetitively improves consistency. The difference is that other sports have required serious off-season and pre-season training drills to help prevent mid-season injuries for years. Hey golfers! We're finally catching on!

What's the bottom line? You've made the move, you're reading this article. But why? To improve your game!...To hit the ball more accurately, a great distance.....To bring down your handicap! So what is the bottom line? What do golfers really want and need? What do YOU want and need?

The goals of any golfer are:

- *Increase range of motion in the golf swing — improved flexibility allows a complete backswing and extended follow through
- *Add control and power to the golf swing — well trained muscles increase control and ability to generate more club head speed
- *Improve energy and endurance levels — muscular control and mental focus will improve which enable full concentration on every shot
- *Reduce chance of injuries on the golf course through stretching and identifying uncomfortable movements



Look, you want to play better golf today, you practice by swinging the club a bunch of times and whacking a lot of balls. You want to continue to play better golf tomorrow and years down the road, then get on the cutting edge of the fitness movement. Get out of your comfort zone and actually PUT the extra effort in and fine tune your body.

Mindi Boysen is a certified personal trainer and Golf Conditioning Specialist endorsed by Tatum Ranch Golf Club in Cave Creek, AZ. She has recently released “Fit For Golf / Fit For Life”, a golf fitness program on DVD’s designed for golfers of all levels and abilities for in-home use. Her new book, Synergistic Golf, outlines each day of the year with golf performance enhancing tips. You can catch Mindi demonstrating golf specific exercises on Golf Southwest KAZ TV-13 every Saturday at 5:00pm. She is also a partner of the Arizona Women’s Golf Association and is available for private or group sports conditioning training as well as seminars and nutritional consultations. Contact her at (480)203-6228 or mindi@fitforgolfusa.com

Check Out Mindi’s Golf Fitness DVD Program and her NEW BOOK!!

