

Avoiding Fatigue on the Golf Course

Given that this is the hottest time of year, it is even more likely that the effects of fatigue will manifest themselves by the end of your golf game. Unfortunately, as your body becomes energy depleted, it is highly likely that you will make errors on the course potentially leading to higher scores. Here are a few suggestions to help minimize the negative effects that fatigue can have on your game.

- 1) **Eat** – You should have a small snack every three holes throughout your round to make sure you have enough energy to finish your game without feeling calorically depleted. Fresh fruit, chopped veggies, nuts, dried fruit, and whole grain bagels are all excellent choices.
- 2) **Stay hydrated** – Sip water every hole, even if you don't feel thirsty. Mix with a sport drink if it's hot or humid to help replace electrolytes such as sodium and potassium that may be lost through perspiration. Even slight dehydration can result in a decreased ability to focus and execute the shots you want on the course.
- 3) **Be sun savvy** – Minimize the draining effects of the sun by wearing a hat and sunscreen. Walk with an umbrella or stand in shaded areas while waiting your turn to decrease exposure time.
- 4) **Take care of your fitness** – Fatigue is less likely to affect your game if your cardiovascular and muscular endurance is good. Ask a certified trainer if you are not certain how to improve your endurance specifically for golf.
- 5) **Recover** – Stretch, re-hydrate, eat well, and rest up so you are starting fresh with each round.

The bottom line is that a fatigued body cannot focus or execute at optimal levels. It is consequently in your best interest to do what you can to prevent fatigue and its potentially costly effects on your golf game.

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