

Golf Fitness - Simple things you can do to improve your performance

Ever wonder how the top golfers in the world can hit the ball with such distance and accuracy?

Of course, a lot of it has to do with technique but a golfer's fitness level is also an integral part of his or her success on the course. Having a consistent golf swing is dependent upon the golfer's flexibility, balance, core strength, mobility, movement coordination, and ability to generate power.

In order to best develop these components of physical fitness, a specific training regime designed by a fitness professional should be followed. However, there are also some simple day to day things you can do on your own to help improve your performance on the golf course.

Here are a few ideas...

- **Concentrate on having good posture throughout the day** - often a golfer's posture at address is a reflection of their normal day to day posture which is not always ideal (shoulders should be back and down, pelvis in neutral position)
- **Take the stairs** - this works your glute muscles which are key to stabilizing your hips and maintaining your posture during the golf swing
- **Stretch** - flexibility is highly underrated as a health component but is so important for proper function of the muscles and joints (try it while watching TV)
- **Make sound nutritional choices** - 18 holes takes a long time and the body's energy stores can get depleted in the time it takes to complete a round of golf
- **Drink lots of water** - While water is not the drink of choice for most golfers, your body needs it - even minor levels of dehydration affect the body's ability to function properly
- **Warm-up before playing or practicing** - all it takes is a few minutes
- **Walk the course** - walking is good exercise and keeps your body warm during the round

Not only will these simple ideas help you with your golf game, but they will also contribute to an improvement in your overall fitness level and decrease your chances of playing with pain or injuring yourself. The result: you get to play more golf...see you on the course!

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