

GET FIT FOR GOLF – (Feel good ... play better)

Over the years the growing popularity of golf has been supported by many refinements and innovations in golf equipment. While good equipment no doubt helps to improve our performance, one other extremely important component is often over-looked. Our body still has to swing the club and like most other physically challenging activities, the better the body ... the better the performance. In other words, improved fitness correlates with lower golf scores.



“Mere muscle doesn’t turn a hacker into a good golfer, just as mere technical skill doesn’t make a pro. However, it takes a fit, flexible body - with strong muscles and good endurance - to put the basic knowledge and understanding of the golf swing to best use.”

Gary Player

**No matter what your age or ability level,
we can help you to feel good ... play better**

Many Golfers believe they can improve their game by simply spending more money on new equipment, but have you ever taken the time to think?

- That the body might be the most important piece of golf equipment
- It’s the only piece of equipment you can’t buy
- It’s also the only piece of equipment you can actively improve



The importance of physical fitness in improving performance has definitely had an impact on our current breed of PGA and LPGA players. At least three quarters of touring professionals engage in some form of regular training programs. These players exercise to help stay in shape, improve performance, prevent and rehabilitate injuries and prolong their careers.

The best golfers in the world agree



“Fitness is an essential part of my life and golf game. Plus we all have to do something to keep up with Tiger!”

Greg Norman



“Golf is a sport ... and people who play are athletes. That’s the equipment you really have to take care of - your body!”

Tiger Woods

In order for any golf-specific fitness program to work, a number of important scientific principles should be followed. In general, a fitness program is simply a series of exercises designed to physically challenge the body to generate a training response. The amount the body needs to be pushed depends on many factors such as age, current physical condition, and medical history.

If we aim to reach higher levels of fitness, the intensity, duration, number or type of exercise needs to gradually be increased. The body also needs time for adaptations to occur with exercise and one should always be mindful of allowing adequate recovery from sessions before playing golf (36-48 hours is often enough). Your training program should be designed to help prepare you, the golfer, for optimal performance during your playing season.

If your golf season has begun, practice or competition rounds will begin to play a more significant part in your golf fitness program. Golf is not a strenuous activity, but walking several kilometers over hilly courses and swinging a club in warm-up, practice swings and real swings (usually hundreds of times) do require some physical stamina. For these reasons, try not to play on consecutive days during the early part of your season until you become more accustomed to the stresses and strains of the golf swing. Depending on your age, it may take several weeks to build up to your normal activity levels.

If you have any uncertainty about your medical condition, you should consult a medical practitioner before commencing a fitness program. “Fitness should be fun”, so if you’re encountering difficulties or begin suffering from any persistent aches or pains, please call Paul Hedger or ask your PGA Professional (Michael Faraone) for advice.