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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

5 Sure Fire Ways to Build a more Powerful and Pain-FREE Golf Game

By Troy M Anderson

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Until recently being physically fit was of little concern to most golfers, but the tides of changes have recently taken hold of the golf world and only the strong will survive this tidal wave. Many of today's golfers are not only working with instructors but they also seek out assistance from strength and conditioning coaches or personal trainers to help them improve their physical skills, in hopes of being able to blast that little white ball a few more yards down the fairway.

I recently took a look at some of the more popular golf related websites and found little relevant information about how or what to do to physically prepare yourself for the game of golf. So I as sport performance strength and conditioning coach, I took it upon myself to take a look at the physical abilities required to perform a successful golf shot. I did a little research by looking at frame by frame analysis of several of pros; and I walked away with five key traits that every golfer must have in order to be proficient and powerful.

Here they are:

- 1.Trunk Flexibility – this allows the golfer rotate maximally during the back swing, while keeping the hips/pelvis "quiet" during the back swing.
- 2.Trunk Strength - this allows for the production of large amounts of power as long as you swing mechanics are on queue. Keep in mind that it is necessary to build adequate amounts of flexibility before moving on to building strength
- 3.Hip Strength – this type of strength allows the golfer to make a successful transition from lateral movement to powerful rotation of the pelvis at the point of impact.
- 4.Spinal Stability – this allow for golfer to have a consistent set up for his golf shot as well as prevent possible back injury due to fatigue.
- 5.Wrist Strength/Endurance - this will allow the golfer to establish and maintain a successful wrist set.

If you consistently work on these 5 areas in conjunction with enhancing you golf skills; not only will you have a pain free and more powerful golf game. You will be on the right path to shooting lower scores. Enjoy!

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NOTE: Before beginning any exercise or dietary program, consult with your physician to ensure that you are in proper health and that this or any exercise or dietary program will not put you at risk.

Troy M. Anderson, B.A., PES, CPT, IACPFT, is the owner of Integrated Evolution, LLC, in Tempe, AZ. The #1 goal of Integrated Evolution is to provide individuals with solutions to their performance enhancement needs. For more golf fitness tips, subscribe to Blue Collar Fitness Report at www.integratedevolution.org and download your FREE Reports The 8 Keys To Golf Fitness Success and How To Build The Perfect Athlete For Any Sport - GOLF. Troy maybe contacted at integratedevolution@cox.net or called at 480.227.8090.

None

All For The Love Of Golf

By George Gabriel

Golf is supposed to be an enjoyable game. We golf over and over again, because we love the game. So why do we beat ourselves up, just before we get off the first tee box? Have you ever heard yourself with a bunch of negative emotions before the golf round?

"Another day out on the golf course and my back is killing me." Why would you even consider golfing, if it were painful? Why did those even consider golfing with a bad back? I'll tell you why. All for the love of golf!

"I have to get through this eighteen with the least amount of pain." Why not play nine holes instead of eighteen? I'll tell you why. All for the love of golf!

"I am not too sure if the mental part of my game can take any more. It's tough mentally when things just aren't going right." If your confused mentally, why even bother picking up a golf club? I'll tell you why. All for the love of golf!

"I hope this is not going to be another brutal round, like the other day?" When things are not going right, why not take a day off from golf and meditate instead? I'll tell you why. All for the love of golf!

"If I do not hit the fairway on the first tee box, I think I'll quit playing golf after eighteen." Why quit after eighteen when the first shot may be the reason to quit? I'll tell you why. All for the love of golf!

"If I do not make par on the first hole, I am not going to keep score for the rest of the round." If your temper is that bad, why carry a scorecard at all? I'll tell you why. All for the love of golf!

"The first water hazard my ball ends up in, my golf clubs are going in with it." Do yourself a favor and play with rentals. Why? All for the love of golf!

"I better not three putt any greens today. I'll break my putter on the first three putt green, if I do." Do

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yourself a favor and pick up for two. Why? All for the love of golf!

"Frosty will never see winter, if I get a snowman today." Do not play golf with anybody by the nickname Frosty. Why? All for the love of golf!

To help avoid some of these negative emotions, booking a tee time in advance will help keep your mind on a positive level. Why? All for the love of golf!

Learned to play golf as a caddie. Caddied for as many as three players at once. Played as much as 54 holes of golf in a day. Why? All for the love of golf! Now running a tee time site at

and a golf site at



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