

Bad ...Timing?

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By Liana Metal

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You are sitting comfortably at your desk holding a pen, ready to start that short story that has kept coming on and off since you got up this morning. The house is quiet, everybody is out and you are alone with your precious thoughts.

Just then, the phone rings! Will you get it or let it ring? But it doesn't stop, so you give up and pick up the receiver. It's your mum. 'Not now...', you murmur, but, there you are, chatting for the next forty five minutes. When she's told you the gossip of the neighborhood, the plot of her favorite new TV serial, and she has recited her latest recipe of a healthy casserole, she's off.

But you are off, as well! You are trying to re assemble your thoughts but... at no avail. You've missed that spark of inspiration that's kept coming and going since early morning. You know you shouldn't have misplaced your notepad then - it should have been at the usual place- on your bedside table. But your daughter needed it to write down a phone number...

Well, you are determined to concentrate. The first paragraph is going fine. Now you've moved to the second one. You mustn't forget it! Then, all of a sudden, it dawns on you; the roast beef! You mustn't forget to put it in the oven!

You obviously can't stick to this writing task. Kitchen calls you. In two hours lunch must be ready. 'Just in time,' you murmur. 'But what about my plot?'

'I'll get to that in the afternoon,' you reassure yourself.

Your daughter brings her friends home for lunch. They turn on the Hi Fi. Rock'n Roll is loud enough to wake the dead!

Your husband then comes from work. The TV is on.

The day is over.

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`What about my plot?' you keep wondering. `Well, it's all about bad timing,' you try to convince yourself.

But...IS it?

ENDS

329 wds

Liana Metal is a writer/reviewer living in Europe. View her work at <http://lianametal.tripod.com> and her new ebooks at <http://liamet.tripod.com>

Golf Muscles – Timing – Golf Mechanics: The Key To A Powerful Golf Swing

By George Gabriel

Golf swing power is truly sought after by many golfers short and tall. A powerful golf swing can be easily accomplished if you're standing 6ft tall over the golf ball. Knowing the right mechanics of the golf swing, along with the right timing is essential. If you take two golfers of the same height, the exact same swing, same golf club and ball, the results in distance would probably be the same. If you take the same scenario and one golfer is approximately 6ft. tall, and the other approximately 5ft. tall, the advantage would be to the taller person. You're probably saying, no kidding Sherlock. A taller person creates a longer and bigger swing span, which in turn generates more club head speed. Unleashing a huge drive can be monstrous if all golf mechanics and timing are in sync for a fairly tall person. So how does a shorter golfer stand to compete?

The answer would probably lie in the golf muscles of a shorter golfer. It doesn't necessarily mean you have to go out and bench press 400 lbs everyday. By exercising your upper and lower golf muscles two or three times a week, you can make a world of difference. The golf muscles that need to be exercised would be the legs, thighs, and whole upper portion of the body. The upper portions of the body are the main coil of the golf swing, with the arms and wrist getting the most exercise. As these same muscles are used most to guide and control the weight of the golf club through the motion of the golf swing. The lower portion of the body is strengthened to reinforce the upper portion of the golf swing. There are many books and videos on the Internet that address these exercises.

Golfers that prefer to exercise outdoors and are not sure of the appropriate exercises to use should take the exercise out on the practice range hitting golf balls. By hitting golf balls at the practice range, you will be exercising the important golf muscles naturally, and greatly improve your golf swing at the same time. Have you heard of golf muscle memory? It is a part of the brain that remembers a movement. Putting it another way, have you felt a muscle say, stop right there? This same part of the brain will tell moving parts of your body how far you can take it, so you do not injure yourself. It also signals for the timing of certain muscles to kick in and take over, if your latter part of the brain were paying attention. It would also remember good habits and bad habits in the golf swing. One must be careful in their practice routine on avoiding the bad habits. Practicing regularly will exercise these certain muscles and train them for further swing improvement in proper moves and timing. Your golf

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muscles will take the golf mechanics and timing to a higher level of power by exercising them over and over again.

With regular exercise and practicing the golf mechanics and timing of the golf swing, both short and tall players can compete on the same level. To out distance your taller competitors, it would help to pack a few extra pounds of golf muscle behind your golf swing. The same would apply for the taller golfer to stay ahead of the crowd.

Running a tee time site where you can find Discount Tee Times and more! Also a sister site with featuring a wide variety of products and services.



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