

This Free E-Book is brought to you by Natural-Aging.com.

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

Golf Grub

By William Breland

Golf Grub

by: **William Breland**

GOLO GOLF GRUB

Fuel for the golfer.

"A good diet can not make an average athlete great, but a poor diet can make a great athlete average."

–David Costill, Ball State University, Indiana

Golf is a lifetime sport that both men and women of all ages enjoy participating in. However, for the competitive golfer, it is a test of the athlete's physical and mental endurance. While equipment and physical fitness are important to the game, a balanced diet is often the most overlooked aspect that all serious golfers must consider.

DEFINING A BALANCED DIET

For golfers, a balanced diet begins with eating at least 50% of your total caloric intake from carbohydrates such as whole grains, breads, pastas, rice, fruits, vegetables, and low-fat dairy. Carbohydrates are the body's preferred energy source during activity. It fuels the brain and nervous system, preserves protein while helping to burn fat. Consuming carbohydrates during activity helps maintain blood glucose levels, allowing the golfer to have improved concentration.

Protein is another important macronutrient to incorporate into the balanced diet. Have 6 to 8 ounces of protein daily, and choose lean protein sources such as chicken, fish, round or loin cuts of beef, beans or legumes. Protein is needed for growth and repair of muscles, and helps regulate body processes as enzymes and hormones.

Fat is the final macronutrient in the balanced diet. Fat, like carbohydrate, provides fuel for working muscles, but it is a more concentrated fuel source. Recommended fat intake is the same for athletes

Golf Grub

as for all healthy people - no more than 30% of your total calories coming from fat. This is approximately 4–5 servings of fat (based on 2000 calories). One serving of fat equals 1 teaspoon of oil or margarine, 6 nuts, or 2 teaspoons of peanut butter.

FILL UP ON FLUIDS

Hydration is an imperative component in the successful golfers game. Consuming adequate fluids before, during and after playing golf is beneficial. Even a slight decrease in bodyweight due to dehydration can affect your performance and result in fatigue & mental dullness. Consume approximately 8 oz of fluid before tee time. While golfing consume 4–8 oz of fluid every 15–20 minutes or at every hole. If celebrating with alcoholic beverages is planned at the 19th hole, alternate fluid (nonalcoholic) with alcoholic drinks. Alcohol acts as a diuretic and actually increases fluid loss, so it is not a good choice for the replacement of fluids lost during the round of golf.

To help your performance try these nutrition tips as you eat for "peak performance!"

BEFORE THE MORNING ROUND 1 cup oatmeal 1 banana or 1 cup orange juice 1 cup skim milk or 1 cup nonfat yogurt 2 slices whole-wheat toast 2 teaspoons margarine

AFTER THE 9TH HOLE 12 ounces Sports Drink 2 tablespoons peanut butter and crackers or 1 piece of fruit or 1 granola or cereal bar

POST GAME Don't forget to re-hydrate as mentioned above! 3–4 ounces grilled chicken breast 1 cup brown rice 1 cup steamed broccoli 1 cup mixed greens salad 2 teaspoons low fat dressing 1 cup fruit salad

These are just a few tips to jump start proper fueling as an important and integral part of your training program. Each athlete is unique and has different training schedules, food preferences, lifestyle factors, and weight concerns. For a more individualized assessment and recommendations for your needs submit a request at:

William Breland has been a Physical Therapist for over 25 years. He is the ONLY Board Certified Clinical Specialist in Sports Therapy and Touring Golf Professional in the United States.

GoLo Golf Grub is a trademark of GoLo Golf, LLC,

Confusion Feeds the Golf Industry

By Jim McLellan

The policeman drops his paycheck on the kitchen table so his wife can go shopping and pay their bills. They are able to do this because somewhere down the line someone killed, raped, or robbed someone. An unnamed X (rated) President of the United States can have pizza and frolic with a starry eyed intern in the White House because you are paying the rent.

Golf Grub

Here's a news flash for you! If you have been in a coma or have spent the last half century on Neptune, you should know that the golf industry is now a multibillion dollar a year business. What did we learn in paragraph one? Somewhere down the line someone supports, funds, feeds or makes possible the growth and maintenance of such an insatiable glutton. How did IT get so humungous? Sit here on the Anti-Pro's knee and lets toss some ideas around in our craniums.

This hungry monster needs a lot of food (money). The dope addict needs a fix. Somewhere there is a need. And, in the golf industry, that need is cleverly disguised as confusion. Confuse the golfer and he will be back for more. He doesn't want anyone to think he is stupid or no talent, so he will convince himself that maybe he just didn't get it the first time, or second, or...?

A reader sends along this interesting observation: "My experience has been that the overwhelming majority, 85-plus percent unduly complicate the golf swing. I have spent thousands of dollars to come to this conclusion. I often wonder if it is a deliberate attempt to keep one in golfing no-mans land." Thanks, Chip!

Has the beast made a puppet out of us? Send the golfer a new magazine and watch him tear into it to find the "latest tip." Try it. Doesn't work? No problem, they will send you another next month that will give you just the opposite advice. The golf pro can't tell you the golf swing is simple. He could explain it ALL in one lesson, but if he did and

IF the golf mags didn't have new "bogus" tips and the book writers didn't have a batch of golfer wanabees drooling at the thought of getting better.....They would all die an excruciating death from starvation. They CAN'T tell the truth...It would be Suicide.

AND that \$500 driver? If your swing STINKS, it will NOT make any difference. It looks pretty goofy to stand up on the first tee with a \$500 club and slice it into a subdivision.

Lets build the golf swing around this premise. A 3,4,5 year old watches a good golf swing, copies it and has a beautiful swing. No hi-tech, no books, no freeze frame analysis, no series of golf lessons. Watch Daddy walk....walk. Watch Mommy walk....walk. This is an A....write an A....this is a B.

There are thousands of languages here on Earth and the part of the brain that runs motor skills (your golf swing) does not understand one of them! If you continue to swallow the grub the golf industry is

dishing out, get real comfy and enjoy your stay in.....

.....No Man's Land!

Introduced to golf in 1948 at age 8, Jim McLellan quickly became known as the "Whiz Kid" with an incredible swing and a gifted ability to instruct. At age 15, students came to him at his family owned golf course from four surrounding states for lessons. Jim was consistently breaking par, owned 2 course records and was "the skinny kid" who could drive the ball 300+ yards.

Golf Grub

Jim attended Arizona State University at Tempe on a golf scholarship and graduated from the PGA Golf School in Long Beach California in 1960.

You can learn more about Jim's simple approach to golf by going to

Related Content:

[Confusion Feeds the Golf Industry](#)

[All For The Love Of Golf](#)

[Used Golf Carts – Gas Powered or Electric?](#)

[Golf Bags For Beginner Golfers](#)

[Why Are Golf Courses Designed The Way That They Are](#)

Read more Content at

Related Products:

[Domain Alarm – Is your site working?](#)

[Quick–Turn Marketing Exposed](#)

[The Subliminal Black Book!](#)

[Forbidden Psychological Tactics](#)

[My Discount Vault](#)

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

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