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How A Muffin Tin Can Improve Your Golf Game

By Gray Rollins

Any golfer will tell you that a lot of confusion can stem from not being able to identify your ball on

the course. When two balls fall near to the hole but also near to each other, the debate over which player made which shot can get quite uncomfortable. This kind of awkward situation can take a lot of the fun out of this otherwise soothing sport, and can negatively affect your ability to play well.

During an argument, your muscles naturally tense in order to prepare you for the possibility of a physical attack. This response is meant to protect you in a high stakes life or death situation. But in a low stakes situation like a game of golf your body's natural defense mode can sabotage your game by keeping you all wound up, when what you really need on the course is to stay calm. Golfing experts agree that one of the keys to a perfect shot is relaxing your muscles so you can achieve your maximum range of mobility and greatest efficiency of movement. To keep play moving swiftly without being halted by snafus, to keep your cool and avoid heated arguments, and to keep yourself relaxed in order to achieve your best game, it is a good idea to make your golf balls unique.

By making your golf balls stand out from the ones owned by other players on the course, you can take a big step towards being a better and happier golfer because you will be minimizing one of those hassles of the game.

Some people purchase monogrammed balls, which is a smart way to make sure your golf balls can't be mistaken for anybody else's on the course. Other people buy golf balls as souvenirs on their trips to unique places, and doing this all but guarantees that your ball will stand out. However, both of these options can be quite costly. And, every golfer knows that balls get lost easily and often, which makes expensive golf balls quite a luxury. Most amateur golfers balk at spending a lot of money on golf balls that will inevitably disappear into water traps or get lost in the rough at the edge of the course.

For an inexpensive and simple alternative to buying pricey monogrammed or souvenir golf ball, you can mark your balls at home. First, get a small muffin tin and place one golf ball in each of the indentations. This will keep the balls from rolling into each other while they are drying. Then, take a permanent marker and mark the top of each ball. You can write your initials; or use a simple symbol like a star, a square, or even a large dot. Leave the tin and the balls in place for a few hours so the ink

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can set, and then get ready to hit the course. The next time that you need to know if a ball is yours, all that you will have to do is look at it and then move on with no hassle, and without any of the tension that can sabotage your game.

Gray Rollins is a featured writer for YourGolfing. For more golfing tips, visit

<http://www.yourgolfing.com/>

and

<http://www.yourgolfing.com/golflesson/>

Golf Swing Mechanics Can Be Improved Very Quickly

By Mike Pedersen

If you're like most golfers, you're always trying to duplicate that "perfect" golf swing. I know I am. Doesn't it feel great to hit that effortless shot? Don't you wish you could do it every time? That would be a similar feeling of what the pro's have most of the time. It would be such a high!

So what's keeping you from this goal? Do you think you just need to hit more balls? Or, are you already hitting hundreds every week? If that's not working, do you need more golf lessons? Or, have you taken lessons but not seen improvement?

If it's none of the above, then what?

I can tell you almost 100% for sure...it's your **BODY!**

Your body dictates your golf swing. How many times have you felt like you can't make a **FULL** turn or backswing? Do you think the solution is hitting more balls or taking more golf lessons?

It's not! It's improving your golf-specific flexibility and even strength.

Once you address and improve your physical limitations, your golf swing mechanics fall into place, with very little effort. Unless you don't have a concept of what needs to be done to complete a proper golf swing, in which taking a golf lesson to understand it would be first priority.

The majority of amateur golfers have some kind of physical limitation that keeping them from a great game of golf. It could be flexibility, or it could be strength.

Combining the two is your most effective approach.

Getting a golf-specific evaluation by a golf fitness professional is your first step. Then, you can set up a game plan on what you need to work on and how to do it.

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You'd be amazed at how quickly you can improve your golf swing and game with this approach. Don't keep looking for the silver bullet. The answer is in the mirror. Now do something about it!

Mike Pedersen is a respected golf fitness expert, and the author of the Ultimate Golf Fitness Guide, numerous golf fitness tips and founder of several online golf fitness sites. For more information on his new, cutting-edge golf fitness e-book, go to

<http://www.ultimategolffitnessguide.com>

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Exercise Your Swing By A Ping Golf Club
Similarities Of Golf And Archery
Introduction
Why Are Golf Courses Designed The Way That They Are

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