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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!**

**Taking Up Golf**

**By John Rivers**

Golf has always been a popular sport among many different people. It is often associated with executive businessmen and while it is true that golf is a particularly popular choice with many businessmen, it is also popular in other walks of life. There are a number of good reasons to take up golf but the only real way to find out if it is a good choice for you is to give it a go. You should be able to borrow or rent some clubs in order to play a couple of rounds of golf because a set of clubs can prove fairly expensive if you only use them a couple of times before putting them in the attic.

Golf is a healthy sport. As well as getting you out in the fresh air it also exercises the heart, the lungs and many muscles when you are walking round the course. It may not seem much, but playing a round of golf every week is a very good way of helping to prevent heart disease and other illnesses.

Golf can be a good way to socialize. Visiting the clubhouse after a round of golf gives you the opportunity to meet new people and chat to friends about how your round went and your life in general. As another aspect of this, it also gives you the opportunity to network if you are a businessman.

The modern golf game is centered around perfect shots, scientific practice and ability. Gone are the days of wearing plus fours and cloth caps and in are the days of larger heads, metal woods and graphite shafts. While talent and ability are obviously the most important factors, there is certainly a lot of equipment around that claims to improve different aspects of your game.

John Rivers is owner of The Golf Champ. Learn golf online with free golf instruction, golf swing tips, golf lessons on putting, chipping, and guide to buying golf clubs.

<http://www.thegolfchamp.com>

**Golf Swing Mechanics Can Be Improved Very Quickly**

**By Mike Pedersen**

## Taking Up Golf

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.

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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