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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!**

**Warming Up For A Round Of Golf**

**By Ken Snowie**

When it comes to warming up for a golf game, a lot of golfers think that hitting the driving range is enough. Actually, working on your different swings and getting familiar with the weather conditions will help to make your golf game the best it can be.

Golfing on a windy day is much different than if the air is calm. Your golf game is also affected on days when the temperature is hot than when it's more moderate. Here are a few warm-up tips from those who hit the golf courses regularly.

Starting out by driving is fine, but make sure that you start slowly. By choosing a short iron for the first few drives, you are allowing your muscles to loosen up. Gradually work up to longer drives, but keep in mind that the goal isn't only to see how far out you can drive the ball - control is more important than distance and this is your chance to gather your skills to exercise that control.

Just driving the ball is not enough. Some people think an adequate warm up is simply making a few good drives. Practice a little chipping and putting as well. Try to make the most of your swing, especially if you've had lessons recently. A round of golf means more than just teeing off.

Getting your mood under control is a vital warm-up tip in golf. The goal is not to take your frustrations out on a golf ball; it won't help your game at all. Take time to focus on your game, get calm, and forget about your troubles. A bad mood can greatly affect your golf game.

A warm-up session is not the place to try out new clubs, swings, or try new techniques at all. This is the time you make the effort to play your best game, as if you were at the first tee. It's fine to try a few practice swings if have been practicing them already, and you want to try it in your first game, but don't get carried away during your practice session. The point of the warm-up session is to loosen your muscles and build your confidence. You can't do that if you are trying something totally new, and you keep making mistakes. By using the techniques you're used to, you will be ready to congratulate yourself on your triumph during your warm-up and your game.

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If you think that you don't need a good warm up session before your golf game, think about how you typically play if you don't warm up. How is your first tee? How are the subsequent tees? Did you have to spend most of the game making up for poor strokes in the beginning? The warm up is your chance to make your mistakes before they end up on your scorecard. By taking the time to warm your muscles and mind up, you'll play a more confident game of golf.

If you would like to learn more about golf click on

<http://www.bestgolftips.info>

## 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 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

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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

<http://www.gofanchor.net>

and a golf site at

<http://www.golfanchor.com>



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