

## **Are You in Golfing Shape?**

An average amateur golfer (men's) hit's a six iron 150-175 yards. A touring professional hit's a six iron about 200 yards. Ever wonder what the difference is? The first part of this equation is conditioning, or muscle tone. Most touring pros, in order to stay competitive, work out. They are consistently doing golf specific exercises to increase muscle mass, and muscle tone. Cardiovascular conditioning is also done to improve the bodies stamina, so that an athlete can practice the needed time to compete. A good diet,( with proper hydration), plenty of rest, and a good night's sleep, are also very important.

The way a golfer swings the club is also very important. A touring professional's swing starts from the feet, works its way up through the quadriceps, core, shoulder sockets, and then out to the club, a large muscle activity. It's kind of like running a relay race with the sequential body parts coming into action. An amateur golfer mostly uses his arms and hands and then what energy there is, goes out to the club. Because a touring pro uses more large muscles, he or she hit's the ball farther.

Keeping good muscle tone through the winter can be a very good thing to do. Most amateur golfers use the first four to six weeks of the season, just getting back what muscle tone they lost during the off season. By swinging a heavy club, or playing all winter long, the tone and strength is retained, and a player can hit the ground running in the Spring. The golf swing, with good strength and tone, is a much more stable unit, which promotes consistency, and the golfer actually can hit the ball farther with less effort.

To quote an old Canadian golfer George Knudsen, " I don't play golf to relax, I relax to play golf"