

FIT FOR THE FAIRWAY

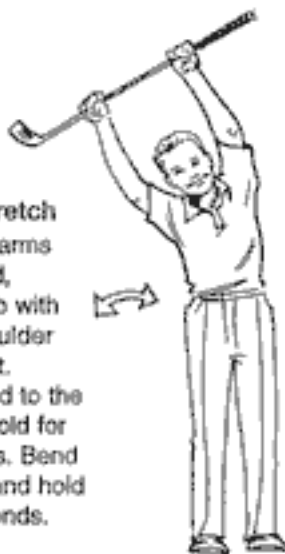


Stretching before playing golf can enhance your ability to hit the ball, while decreasing your chances of injury. First warm up for 5-10 minutes. Then do the following stretches 10-15 minutes before playing a round and periodically as you play the course. Repeat each stretch 4-5 times on each side.



1. Trunk and Upper-Body Stretch

Put a golf club in front of your chest, rotate slowly to the right and hold for 10-20 seconds. Then rotate to the left for the same amount of time.



2. Side Stretch

Stand with arms above head, holding club with hands shoulder width apart. Slowly bend to the right and hold for 10 seconds. Bend to the left and hold for 10 seconds.



3. Calf Stretch

Place both hands against a tree at chest level, and stand arm's length away. Keeping your right foot on the ground, and your right leg slightly bent, move your left foot back behind you, keeping the knee

straightened. Try to touch your heel to the ground. Hold for a count of 10. Do not bounce. Repeat stretch with other leg.

Many people are unaware of their poor posture while golfing. The incorrect stance can lead to an increased risk of spinal injury. The correct stance takes pressure off the lower back area, while generating the power from the trunk, hips, and legs needed for a good swing.



right

Slightly bend knees into a relaxed position.

Bend forward from the hips, keeping the back straight.

Arms should hang straight down comfortably while gripping the club.



wrong

None of these stretching exercises should cause pain or discomfort. These exercise tips are not a substitute for seeing a physical therapist or physician.