



# GETTING GOLF FIT

TONI KRASICKI DISCOVERS THERE'S A LOT MORE THAN JUST SKILL REQUIRED TO MASTER THE PERFECT SWING.

**IN THE PAST** golf was often viewed as a sport to be played when you reached a certain age, wanted to close a business deal or as a relaxing way to spend a day outdoors without too much exertion. Well, times change and huge numbers of men, women and children are hitting golf courses all over the country with many schools offering golf as a school sport option. And why wouldn't we? As a country, Australia ranks highly as having the most golf courses per capita!

For some, golf is the perfect sport as it requires little athletic ability and no demanding pre or off season training. Look back in history and you'll notice that many professional golfers didn't have the same athletic body types that are seen on the pro circuit these days; it was their skills on the course, rather than their fitness which was most important.

However, as with every other sport, increased research into sports science, performance demands and professionalism, functionality and fitness have become a top focus for performance enhancement. If you want to play golf well today, you need to practice hitting balls, but if you want to continue to play well tomorrow, then you need to fine-tune the body and get golf-fit.

You may be thinking that the purpose of playing is to get fit, but if you want to prevent injuries, the right amount of flexibility and core strength will go a long way in keeping you on the course to success.

If you've been perusing the long list of literature available on specific golf training exercises and you're daunted, don't be. Just get some expert advice and ask a personal trainer

to devise you a golf-specific program. You'll be amazed at the improvement in not only your swing, but your concentration as well.

Before tee off, always remember to spend five minutes loosening and warming up the body, it really will make all the difference!

## BENEFITS OF A GOLF SPECIFIC WORKOUT PROGRAM ARE:

- An increase in:
  - strength
  - stamina
  - control
  - mental toughness
  - swing speed
- Flexibility
- Fewer injuries
- Better balance

## TIPS TO REMEMBER TO KEEP YOU ON TOP OF YOUR GAME:

- Be physically fit so you finish strong at the end of your round. A good fitness level will help you maintain focus and enhance concentration.
- Work on your flexibility, especially in the hamstrings and the hip area, because it's the key to an effortless golf swing.
- To improve your golf posture and dynamic balance, undertake core strengthening exercises and rotational core work.
- For an even more powerful golf swing and to enhance your control of the club head, undertake exercises to strengthen the hands, arms and legs.

**IF YOU'RE LOOKING FOR an outfit that will take you from the gym to the golf course, to the clubhouse, then look no further!**

**Callaway's new apparel range for men and women is the hottest thing on (and off!) the golf course this season.**

**When selecting golf attire, heed this advice:**

- Choose fabrics that use moisture-wicking technology, as they'll draw moisture away from the skin, while also drying your clothes quicker. This means you'll stay fresh on the course, letting you stay 100 per cent focused on your game.
- Select clothes made from fabrics that are wrinkle-resistant, so your outfit stays presentable on and off the course, without having to spend hours ironing.
- Look for anti-microbial technology in the fabrics used in your shirts and pants, because they will stay fresher for longer. This is ideal if you have worked up a sweat in the gym or are playing a round in the sun.
- And lastly, with summer fast-approaching, always choose clothing with an added sun protection like Callaway's UPF +15, for added sun safety against ultraviolet rays.

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