

## Golf Exercise And Fitness... And Why You Can No Longer Ignore It

No golfer can afford to ignore golf exercise and fitness programs which have become part and parcel of the modern golf game.

There are actually several reasons why it is good idea to pay attention to golf exercise and fitness.

The era of golf exercise and fitness, as well as golf-specific conditioning programs were ushered in by golfers like Tiger Woods and Annika Sorenstam for the women.

Never before had the world witnessed such physically fit professional golfers who were involved in regular exercise programs and who played the game while in superior physical condition.

Admittedly this new breed of golfers went against the grain. For years the game of golf has been viewed as a luxurious leisure sport where correct golf technique was much more important than exercises and muscle conditioning.

This image has changed literally overnight in golf courses around the world because of the tremendous and awesome impact the new breed of golfers like Tiger Woods brought into the game.

The truth of the matter is that more and more golfers are involved in golf exercise and fitness workouts. But be careful. There are many fitness professionals who have no background in golf, but realize the market for golf fitness and say they have 'golf-specific' training programs only to apply general fitness (machine training) to your golf improvement program.

These types of programs will not prepare your body to play your best golf. The training for golf is completely different and should be done by a qualified and certified golf fitness professional.

The easiest way to tell if a fitness professional knows golf is to ask a few golf technique questions to test their knowledge. If they hesitate or cannot answer these basic questions...run! Do not work with them.

A credible and qualified golf fitness professional will apply golf exercise and fitness tips and techniques that will improve your current physical limitations, which will enable you to perform a repeatedly sound mechanically golf swing for 18 holes.

Another added benefit of a golf exercise and fitness program is injury prevention. Statistics have shown that over 80% of all amateur golfers have played with some kind of injury at one point in the golfing career.

The most common golf injuries is the low back, elbow and shoulders. These injuries are caused completely by a physically declining strength and flexibility and can easily be avoided with a proper golf exercise and fitness program.

The only downfall is the expense. You're looking at \$40 to \$150 per session. That is exactly why I put together the first online golf training performance program over 5 years ago. To make it affordable and easy-to-do right off your computer and in your home saving time and money.

You can view online video demonstrations of every exercise, with easy-to-understand step-by-step instructions that can be printed off for ease of use. There is even a complete section on golf performance issues like driving distance, consistency, mental golf, putting and motivation.

Understanding how your body is positively or negatively affecting your game is the first step in realizing how a golf exercise and fitness program can literally change your game overnight!

### About the Author

About The Author: Mike Pedersen is the featured expert for Golf Magazine's GolfOnline.com site, one of the top golf performance experts in the country, author and founder of several cutting-edge online golf fitness sites. Take a look at his just released golf fitness dvds and manual at his golf swing tips site - Perform Better Golf.