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SMALL NEWS IS BIG NEWS

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Exercise Your Golf Swing to Improve Your Score, Prevent Injury

Thousands of golfers will soon be stepping up to the tees all over Westchester County. Whether you participate in golf competitively or for fun, it's important to prepare your body for the tee off. To maximize your golfing skills and minimize the risk for injury, you should be performing specific exercises pre-season and during golf season that focus on the following:

Muscular Strength: Having stronger muscles enables your body to have more control throughout your golf swing, therefore helping to improve technique and allowing you to hit the ball farther. Strong muscles are the key to injury prevention and help your body from burning out from too many rounds of golf.

Balance: A golfer with poor balance is the golfer who treks through the woods looking for his ball. Having poor balance will cause you to pull or shank your shots as well as put you at a higher risk for

injury. It's ideal to create balance between the muscles in your body. For instance, if you swing right handed, you should train your body to swing left handed as well. Lower back problems occur because of a muscular imbalance between one's right and left sides.

Flexibility: Stretch, stretch and stretch some more. Flexibility is required to increase your range of motion. A greater range of motion will help to create more of a whipping action thus improving driving distance. Many golfers suffer from tight hip flexors and lower backs, which can limit their time on the green. The more you stretch the better you'll feel and the more fun you'll have this golf season.

THE GYM in Armonk offers specific golf training programs to help improve your game.

*Brought to you by THE GYM in Armonk,
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