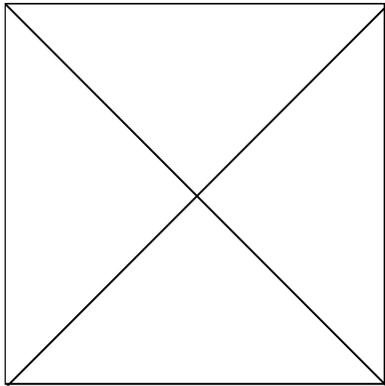
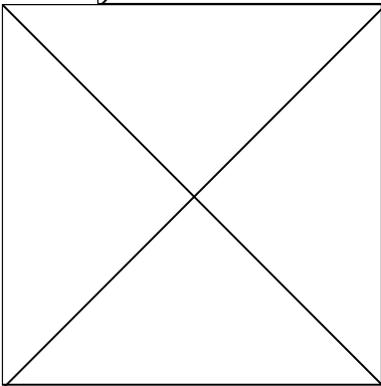
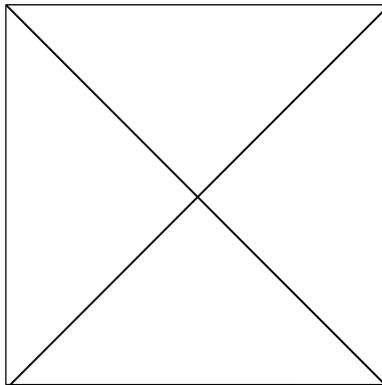


SWING TIPS

Are you Golf Ready?

Is your game ready for the spring or upcoming winter golf trip and is your body golf ready? There is a ton of information out there regarding stretching, working out, and nutrition. Golf has evolved into an athletic endeavor and as such, if you want to play this sport for future years, you'd better look after your body. I ask every one of my students about their body condition, specifically injuries or any physical dysfunction. I also enquire about flexibility and stretching. I also practice what I preach, because as I get older, I notice old injuries can wreak havoc with my motion and daily living. I recently started **Fascia Stretching Therapy** and what a difference this can make. Please read page 2 of this swing tip and understand how FST can help your golf swing and daily life!





In both pictures, their weight is on the wrong foot. This could be a lack of correct information or their bodies are unable to move into the correct position because of physical restrictions in the pelvis (hip) area. These positions above will wreak havoc on the spine and create **disaster** shots!

Sincerely,

Glenn Boswell
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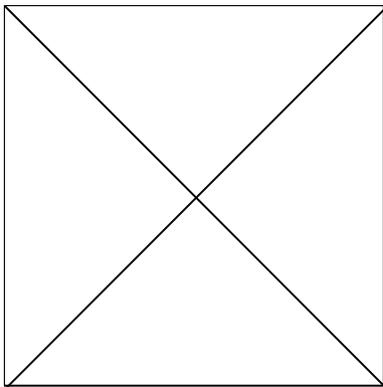


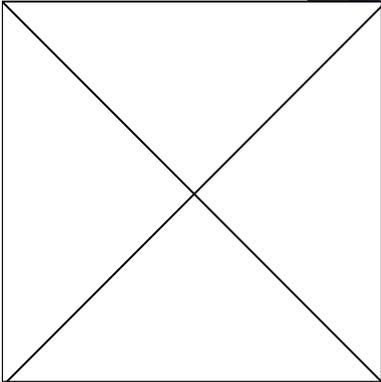
Assisted Fascia Stretching Therapy (*FST*)

FST is lengthening the tissues in the joint capsule to bring them back to their original state. This is achieved by creating **Traction** from the joint, performing a **Stretch Wave** in the muscle fibers and **Oscillate** in the capsule for joint lubrication. Reducing jamming in joint capsules is used by athletes worldwide to reduce injuries and maximize their performance.

The first session you will see and feel results but keep in mind that this is not a quick fix therapy; just like any sport, it's long term practice that makes you the best. FST along with a movement assessment can bring your entire game to a new level!

Darrell has improved my range of motion after just a few sessions and I will continue on a longer program.





To enquire about rates and schedules, please contact:

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