

SWING TIPS

LONGEVITY

For most golfers, if they had a choice between going for a workout of any kind versus hitting the driving range or the golf course, the answer is fairly obvious. Golf is a physical activity however; it requires hand & wrist action, arm & shoulder rotation and pelvis & leg stability. Working out solely will not make you a better golfer, but a **combination of fitness, practice & instruction** will!

Including fitness into your schedule can also extend the age to which you participate in this sport by avoiding injuries and improve your health in general. Start the winter season off on a positive note with some fitness, practice and instruction.



My winter Coaching Clinic Program will be coming soon!

Sincerely,

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