

## **SWING TIPS**

### **Physical Limitations**

Heading into the 2013 golf season, prepare yourself physically. I am not suggesting you become a “gym rat” and work out 5 days a week, although that can contribute to better health. Start stretching daily, see a physiotherapist or chiropractor and perhaps use a trainer if you are motivated to work out. In the left picture, the back swing has the spine tilting towards the target creating lower back issues and a ball flight, which is less than desirable. There are likely 2 possible reasons for this back swing position, this fellow never had a golf lesson and doesn’t know what he is doing or he has a physical dysfunction.

The right picture demonstrates a correct position allowing for easier contact, power and better control. A video lesson can clearly show any limitations.



**Check out my web site for more tips, rules questions and plenty more!**

Sincerely,

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