

SWING TIPS

Balance

Heading into the colder months means starting up an exercise routine. Whether you do yoga, Swing Doctor Golf or your own fitness regiment, keep balance in mind. If you lose your balance towards your heels in the swing, you are prone to slicing and pull shots. If you lose your balance towards your toes, you are prone to hooks and pushes. The fellow swinging in the picture on the right below is probably not getting the results he would like and he is also looking at **major lower back issues** in the future.

The fellow on the left is working on stabilizing his core muscles in order to stay on the ball. The stronger your core is, the better your balance is and your longevity of playing this great game! You may not necessarily balance on a fitness ball, but you can find other exercises to help this. I would suggest to the fellow who swung in the picture below to change his finish position and work on some core strengthening to promote better balance.



Winter lesson programs will be announced soon, stay tuned!

Sincerely,

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