

Prohab Rehabilitation recommends

Four ways to swing into spring



Exercise has hardly ever been a component of golf with the recreational golfer in the past; however, today's participant ought to include it to reduce the chance of injury and increase his or her success rate. Prohab Rehabilitation Services will introduce to you to several key fitness questions and components to enhance your recreational experience.

Commonly asked questions regarding golf & fitness

Why add fitness to your spring routine?

1. Lower handicaps
2. Increased power, hit longer drives
3. Leaner stronger body
4. Decreased likelihood of injury
5. Enhance range of motion
6. Improve accuracy, distance, consistency
7. Develops a strong foundation for take away, downswing and follow through
8. Lower body strength allows for improvement of weight shift balance
9. Improve overall focus and mental game.

Resistance training will add a healthy stress to your bones and muscles. If you have a job that keeps you moving all day, your body adapts to those stresses. It does not count as a workout because your body gets used to it.

Resistance training does not require any special tools other than your own body weight. In fact we can recommend exercises that require no weights at all. Examples include: push ups, crunches, lunges put in three sets of 12 for each of these exercise you have your own individualized workout. It is just that simple. If you are like most people variety is what you desire. Adding tubes, dumbbells, machines, and unstable surfaces are just the ticket. Variety of equipment gives you the ability to create a training session that is different than the one before.

You'd be surprised how easy it is to make time for exercise when you have a structured program to follow. You have nothing to lose but strokes off your score while increasing you overall fitness level.

Why do I need to know how to train aerobically for a golf game?

There is no running, hitting, sprinting, and it takes at least four hours to do?

Ask yourself, how do you feel at the end of four hours? Tired, fatigued maybe even worn out? It's reasonable to feel tired after walking 18 holes over four hours, however not after riding in a cart?

What can cardio training do for you?

- Increased endurance for your golf game
- Enhanced rhythm, timing and hand eye coordination
- Improves heart and lungs efficiency and increases circulation
- Burns body fat
- Raises your metabolism
- Increased energy and relieves stress
- Controls high blood pressure, blood sugar and cholesterol

- Reduces risk of heart disease, stroke, cancer and diabetes
- Helps you sleep soundly
- Strengthens muscles of your core and lower body
- Strengthens bones and maximizes bone density
- Reduces stiffness in muscles and joints
- Improves flexibility and posture
- Improves mental capacity and concentration
- Elevates mood, self confidence, and reduces risks of depression
- Acts a natural appetite suppressant.

A few program suggestions... go for a brisk walk, bike or a swim in the pool for at least 20 minutes a couple days a week and you will feel and see the benefits.

How flexible do you need to be to effectively play golf?

We all know people who never stretch or work out and have a good golf game. Your goal is to reach your optimal potential of your game. You desire to play at your highest level. We lose flexibility at the average rate of 1% per year! When you add in lifestyles of either too little or too much physical activity, increased stress levels, poor hydration and nutrition, then loss of flexibility accounts for an even more rapid acceleration of the aging process. Stretching is the ultimate tool to improve ease of movement, posture, reducing injuries and making your muscles lengthen much more efficiently. Muscles are incapable of lengthening by themselves; they are only able to contract, so stretching is crucial. Flexibility is maximum range of motion, elastic muscles and free moving joint

mobility. In a summary, flexibility is a better golf game.

Flexibility benefits

1. Increases body's ability to perform
2. Decreases the possibility of injury.
3. Improves posture and muscle balance
4. Increases improves circulation and blood flow
5. Increases muscle coordination
6. Improves distance, power, and accuracy
7. Encourages optimal address position
8. Helps reduce muscle soreness after exercise and golf
9. Improves posture
10. Increased neuromuscular coordination
11. Promotes a synchronized golf swing
12. Relieves overall muscle tension and stress in the body.

Flexibility is improvable no matter

the age or the athletic ability of the participant. Stretching increases the body's ability to have the greatest range of motion. As we get older, the stiffness increases. We suggest a little stretching everyday. Improving your flexibility is as simple as touching your toes and holding for 30 seconds benefits your lower back, hips and hamstrings.

Take the time to stretch a little everyday. You will feel better and swing better. For a list of stretches and routines go to www.prohab.com.

It's a balancing act

The brain has a strange ability to sense the body's position at all times. However, our ability to use our eyesight plays a major role. As we age we rely more and more on eyesight and less in the brain's ability to process informa-

tion needed to keep us standing without falling over.

Balance training for both golf and exercise utilizes many "toys" or unstable surfaces to train. Things like balance discs, boards and foam rollers are all tools used to stress the body and bring back that ability to balance with our brain not just our eyes.

Just using any one of them on a regular basis is an exercise itself. If not try the eyes closed drill every other day for two weeks. See if you can increase your time without falling or needing to open your eyes.

We hope the above information assists you in reaching your recreational golf goals, while improving your overall fitness level. For more information on Prohab Rehabilitation and offered rehabilitation programs please go to www.prohab.com. Have a great season!



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