

Simply Improving Your Game

By Betsy Voyles, MSPT

The question from golfers is often asked, "If there was just one exercise to improve my game, what would it be?"



The answer is simple: Always try to be 1-inch taller — all day, every day.

We beg, we plead, we bribe everyone to improve their posture for many reasons. If you sit slouched over a desk all day, then you will not miraculously have perfect posture when you step up on the first teeing ground. That's because daily life is taken to the golf course.

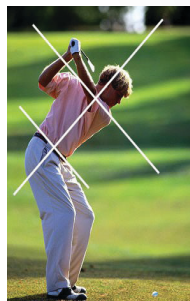
There are more articles written now about posture and the golf swing than ever before. And the most efficient golf swing cannot occur without the most efficient posture.

Benefits of improving posture include:

- spine aligned from the head to the pelvis
- decreased pressure on the discs and ligaments
- lower and upper core muscle strength
- hip joints that are allowed to rotate properly
- stronger shoulders just by their position
- improved breathing due to a widened diaphragm

Benefits of improving posture in the golf swing include:

- a more stable and balanced address posture
- maintaining proper spine angle throughout the swing
- more power and stability through impact
- better hand control
- the potential for a wider swing arc
- a decreased risk of injuries



Being 1-inch taller is a simple concept, but in reality can be challenging. A lot of work is necessary when using weakened muscles to realign joints and ligaments, but being diligent about the 1-inch concept for two weeks will become a habit. Your health — and your game will benefit.

For golf health and fitness questions or more information about the Body Balance for Performance program, contact us at 312.214.9079, bvoyles@sprynet.com or www.bodybalancegolf.com.