

# Senior Golf 101

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How long has it been since you played golf? It was your favorite pastime, but how long has it been? Work and raising a family took up most of your time back then. You didn't play nearly as much as you wanted to. Maybe you should get your golf buddies together and go play a round. At one time you all got together every two weeks to play. When did it stop? Okay, so maybe you are a little rusty. Your body has even developed aches and pains in places you never had them before, but you are still healthy. Fitness and Health 1) To play the game of golf you need to get your body ready with golf specific exercises. These exercises will help you with your flexibility and range of motion. They will also give you strength and endurance. 2) There are certain snacks you should take with when playing a round of golf. Whether the game is just you and your buddies, or tournament play. The snack suggestions will keep your body fueled so you can go all 18 holes Here is what you will learn inside this guide.... \* The Health Benefits to playing golf \* How to avoid injury \* Seniors take a different approach to their game \* Yoga a golf fitness program \* Use Yoga for problem area \* Senior need good nutrition \* Shopping for Lessons \* Tips on Warm-ups \* How about that swing \* Improve your putting \* And a lot more!

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