



Get Lean & Get Fit for Golf in 2008

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New years resolutions come around every year and for most of us, we will repeat the same mantra we did the year before. Get fit, lose weight, stop smoking, lead a more balanced lifestyle, join a gym, eat better, reduce the handicap – the list goes on. So why are new years resolutions so difficult to achieve? Simply because we didn't achieve our new years resolutions last year... or the year before.... or the year before that... We go in the each new year thinking, ok, a new year, new start, time to make some changes. New year timing gives us some ray of hope that the magical turning of the calendar year will make success that much easier.

According to a study, 55% of us made the resolution to eat healthier, 50% were determined to exercise more, and 38% vowed to lose weight. Research shows that only 20% of resolution hopefuls actually maintain their new habits for more than 3 months. By the end of the year however, this number dwindles to below 10%.

I want you to start thinking about your goals in a different light. January 1st is the same as any other day. What would you like to achieve? What goals do you have? You can start to make positive changes from TODAY! It doesn't have to wait till the New Year.

2007 has seen a huge increase in the popularity of golf and many newcomers have surfaced wanting to learn how to play , so I am going to tie in how you can get lean and get fit for golf at the same time. Regardless of your goals, the following steps are essential for goal achievement and permanent lifestyle change.

Many don't think of golf as being a very physical sport, nor does it require any level of fitness. You couldn't be any further from the truth. Golf is very complex sport and takes a lot of physical qualities to play it well. The following tips will help you lose fat and play better golf in 2008.

- 1) Assess your starting point: take before photos, have your current body fat, muscle, water and BMR tested. Golf Specific. Measure your drive length and have a TPI golf fitness assessment.
- 2) Change your eating habits: Eat 5 smaller meals every 3 hours instead of 3 big meals. Golf Specific: Eat 2 hours before tee off. Eat some healthy carbohydrates like half a banana or a cereal bar every 3 holes.

- Rehydrate well. This will keep your energy and blood sugar levels consistent throughout the round.
- 3) Strength Training: Sessions of 30 minutes in duration, 2-3 days per week. A minimum of 2 days of strength training per week. Combine full body training rather than isolated strength machines. Training the whole body as a system allows you to burn more calories and trains the muscles in integration, not isolation. Full body training will also help improve the body mechanics and develop more power with less effort. Golf Specific: Butt is King! So incorporate lots of squats, lunges into your program. Power is generated from the glutes, and transferred to the core, arms and club head. So never neglect your butt! Strong butt creates a rock solid base and set up position, leading to maximum power and distance.
 - 4) Cardiovascular Training: Interval training has proven to be more effective than long duration low intensity training. So aim for 20-30 minute sessions. Interval training is continuous exercise with short high intensity periods followed by longer low intensity work loads. The result: Burn more calories, in less time, boost your metabolism and continue to burn more post activity. This also increases your level of fitness so you can train harder and achieve more in less time. The result for Golf. You will less fatigued, and play your best golf on the 18th!
 - 5) Get the right advice! You get what you pay for. In the long run it is more important to pay for the right advice, the advice that will guarantee to help you achieve your goals. Testing for your limitations, strengths and weaknesses are crucial to develop the right program for you to improve your golf.

Fitcorp Asia is the only organisation in Thailand certified by the Titleist Performance Institute (TPI) in golf fitness conditioning. A complete fitness and performance company specialising in fat loss, golf fitness and corporate health. Fitcorp Asia is now located on the 20th Floor, Ocean Tower 2, Sukhumvit Soi 19. Telephone: 02 661 7900, Fax: 02 661 7905, Email: info@fitcorpasia.com