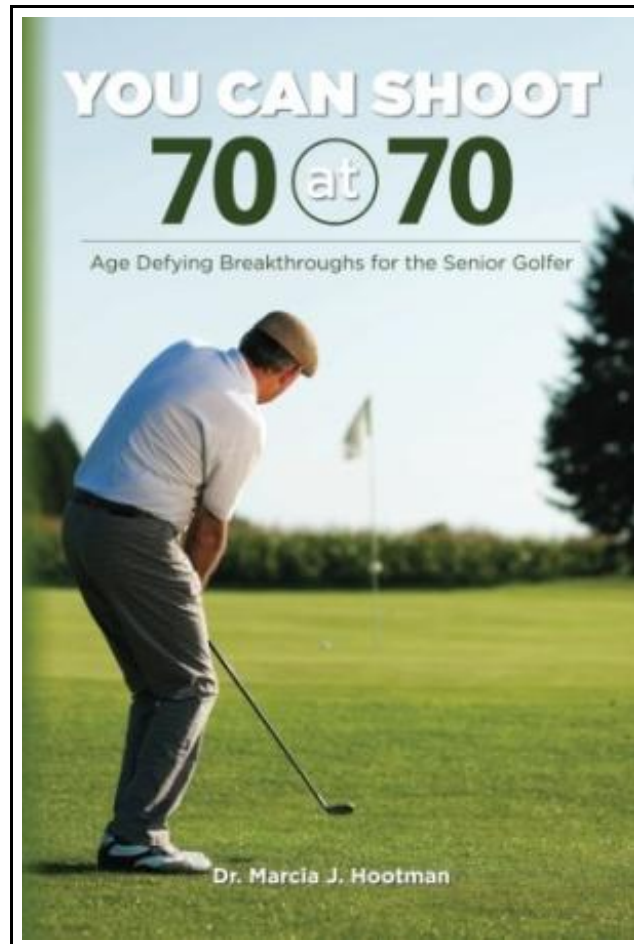


You Can Shoot 70 at 70: Age Defying Breakthroughs for the Senior Golfer (Paperback)



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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.
(Newton Runolfsson)

YOU CAN SHOOT 70 AT 70: AGE DEFYING BREAKTHROUGHS FOR THE SENIOR GOLFER (PAPERBACK)

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Createspace, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the year 2008, there were 8.6 million seniors playing golf. That s a whopping 33 of the 28 million people who played. Even with the growing boomer population, there has yet to be a book directed specifically to golfing seniors. This is not another book about swing mechanics. It s about the challenges people face as they age, especially if they don t continue to stay fit and healthy. And it addresses the common complaint of most senior golfers, I can t hit the ball like I used to. We want to show you how you can improve your golf game and, as a bonus, live a longer, healthier life. In this groundbreaking work we will show you: . What creates the maximum power in a golf swing . Easy ways to increase and maintain strength, flexibility and balance . How to prevent injuries on and off the course . The one activity seniors do daily that hamrs the body most . What to do about existing body aches and pains . Which everyday foods can help your golf game . How you can enjoy your round of golf more and still have energy to enjoy the rest of the day with your family and friends . What is your golf personality as far as needs, style and stress points, how that affects your game and what you do to change it to lower your score . How to stay focused on the course . How to become aware and to change the negative thoughts and words about your game that make your handicap rise . Alternative healing methods used by pros to keep them fit and...



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