

Improve your Golf Game with Pilates



What do Tiger Woods, Annika Sorenstam, Rocco Mediate and many elite professional athletes have in common? They have all added pilates to their golf conditioning program! *David Duval, winner of British Open in 2001, said "pilates is a method of conditioning that involves hundreds of exercises designed to improve strength and flexibility without adding bulk."*

Golf and Pilates share the same basic principles, requiring flexibility, stability, rotation and core & gluteal strength.

Benefits of regular Pilates practice:

- Improve flexibility, range of motion and posture that is required to maintain a consistent golf swing
- Increase core strength and stability. Movements in both golf and pilates come from the center of the body.
- Restore body balance and symmetry. Golf is a one-sided sport so it's important to strengthen the weak muscles and stretch the tight muscles
- Enhance balance and coordination that is essential for golf
- Decrease risk of injury. Pilates has proven to help with back pain, poor posture, shoulder and hip problems as it improves your golf swing.
- Improve your mental game. Both golf and pilates require focus & concentration to keep the mind and the body connected

See why top golfers are choosing Pilates conditioning programs to improve their game!

FREE Personalized 12-point Golf Fitness Assessment

NEW Small Group Pilates Training Classes (combination of mat and equipment)

Jennifer Wolfe, MS, CSCS, owner of Wolfe Fitness

843-368-2314

www.wolffitness.com

Teaches Kinesiology at the Professional Golfers Career College

Certified Golf Conditioning Specialist

Certified Peak Pilates Instructor

This article was published in Coastal Sport and Wellness Magazine!