

## **At The Core of Your Game!**

*By Melanie Smith*

Golf is increasingly becoming an athletic sport. Professional golfers such as Tiger Woods and Annika Sorenstam have raised an awareness of the correlation between fitness and performance. Golfers of all ages and abilities desire to better their game and play safer through fitness.

Aching backs, sore shoulders, and hip, knee, and leg problems are common complaints among golfers – even juniors. Building a strong, supportive “base” is essential to performing better on the course, alleviating problem areas, and enjoying the game for the long term.

In collaboration with the Canongate instructional team, we want to enable your golfing potential through our golf fitness program which is designed specifically for golfers, blending pilates, golf biomechanics, and the mind body connection. Using pilates-based movements, golfers can lengthen and strengthen the muscle groups involved in the golf swing. By focusing on core strength, flexibility, stability, and balance your goals on the golf course will become more achievable and your enjoyment greater. And, we believe you will have fun on the journey!

With dedication to the proper regimen, you will see added benefits such as better posture, increased stamina and less injury. These are benefits desired by all, not just golfers.

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