

Body Balance for Performance

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The Complete Golf Health, Fitness and Performance Program

Introduction to Body Balance for Performance

To consistently play better golf, it's important that you be physically able to execute a proper golf swing time after time.

To accomplish this, you must achieve true "body balance." This means your posture, balance, flexibility, strength, power, control and endurance must all work together to swing properly every time.

It is undoubtedly true that golf instruction from qualified teachers and the latest, properly fit equipment, can help to improve your game. But to get maximum results from your swing and to take full advantage of lessons and equipment, you must be physically conditioned.

That's the objective of the **Body Balance for Performance** program presented here. The history of this program can be traced back to the early 1980's when scientific studies were conducted to precisely measure muscle activity during the golf swing. This research identified which muscles were most involved in the swing, how they worked together and helped to determine why injuries sometimes occur.

From 1984 to 1988, Paul Callaway served as the Director of Physical Therapy for the PGA Tour. During this time, Paul assisted with clinical research to support the scientific studies. He evaluated how proper, physical conditioning improved performance and minimized injuries among the world's most active and skilled golfers.

Based on this experience, Paul created **Body Balance for Performance**, a golf-specific fitness training and therapeutic treatment program to reduce injuries and improve swing performance.

And now, professional golf instructors and their students alike, are crediting the Body Balance for Performance as the "missing ingredient" toward evaluating and improving the physical characteristics necessary to reduce injuries and achieve the fastest, safest, most effective swing changes they've ever experienced.

Comprehensive Evaluation

The **Body Balance for Performance** program begins with a comprehensive evaluation. The evaluation is performed by one of the licensed professionals trained by Paul Callaway, PT.

Your assigned professional clinician will screen any pain you may be having, diagnose the dysfunction leading to your pain and objectively measure the extent to which your physical characteristics may be contributing to or inhibiting your golf swing.

In addition, key physical elements of your swing and "on-the-course" performance characteristics will be studied, such as"

- Posture
- Balance
- Flexibility
- Strength
- Conditioning Level
- Computerized Swing Analysis
- Club Head Speed
- Average Driving Distance, etc....

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The result of the evaluation will allow you and your professional staff member to:

- Develop a treatment and /or training program to fit your individual needs.
- Establish a present status baseline to measure future improvement as you advance through the program.
- Identify the risk of potential injury that could result from continuing your current swing patterns.
- Set short and long-term physical and performance goals to help solidify your commitment to your customized program.

Customized Program Design

Each **Body Balance for Performance** program is fully customized in order to maximally strengthen and improve the physical characteristics necessary to consistently swing a golf club properly.

The pace and scope of your individualized program will take into account the physical needs and performance goals determined in your initial evaluation, the time frame you've established to reach your goals and the amount of time your daily schedule permits you to regularly devote to a program.

Once determined, the structure of your customized **Body Balance for Performance** program will follow a release, re-educate and rebuild process.

First when pain is present, sophisticated treatment instruments are available to help accelerate tissue repair and reduce painful inflammation in your muscles and joints that may hinder or prevent your ability to play golf.

Then, revolutionary therapeutic stretching techniques will be provided that are intended to release your body's connective tissue tightness presently restricting your posture, flexibility and swing.

As your pain is eliminated and your tightness released, the next step is to re-educate your body.

You will be instructed how to assume better posture and balance when you address the ball and to replace bad swing habits physical characteristics.

As the release and re-education phases of your program begin to improve your posture, flexibility, balance and swing motions, you will also be taught how to rebuild the muscles necessary to strengthen, stabilize and condition your body.

Added strength, stability and conditioning will help support your new and improved body structure and will maximize your golf swing performance potential.

Precise, golf specific, rebuilding exercises will promote:

- Extra Distance
- Improved Accuracy
- Greater Consistency
- Reduced Fatigue and
- Fewer Injuries

Conclusions

Ultimately, this release, re-educate and rebuild process will help you safely and efficiently reach your maximum

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physical potential and performance goals. Furthermore, when all phases of your **Body Balance for Performance program** are properly maintained, you will be able to prevent your old posture and swing habits from rapidly returning, therefore minimizing your previous levels of inconsistent play and injury.

So call today and discover how the Body Balance for Performance complete golf health, fitness and performance training program can be the “missing ingredient” to help you play the most enjoyable and injury-free golf for a lifetime!



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