

- Do you want to improve your swing, improve your game AND improve your health?
- Do you want to learn why so many people actually get injured from working out?
- Do you want end your frustration and find the “missing link” to a great golf game?



Our Program Will:

- Teach you a science-based progression of GOLF exercises to both prevent injuries and improve performance.
- Train core stability and functional strength
- Improve your club head speed and power
- Increase your flexibility and range of motion so you can get the club in the proper position to hit the ball more accurately.
- Improve your stamina and delay fatigue.

Who Is This Program For?

Anyone who wants to play better golf!

"Unless golf faces up to the indifference it has traditionally shown to the body and its proper functioning, the booming interest in golf won't last. The sport will be swamped in pain. Thirty and forty-year-olds who are now heading for the fairways in droves are the least functional generation who has ever teed up a golf ball. They bring dysfunction... by playing hour after hour, day after day, and this repetitive compensation motion injures them." From Peter Egoscue, *The Egoscue Method of Healing In Motion*

**Register Early
Space is Limited!**

The sport of golf was forever changed when Tiger Woods made his professional debut. Since then, Tiger has won more tournaments and more prize money than any other active golfer. The one key thing that Tiger did, that no other golfer at the time did, was follow a **thorough strength and conditioning program.** World-renowned golf instructor David Leadbetter says, "I'm a big believer in fitness, and if golfers take the time to stay fit they can reach their goals."

The biggest trend on the tour is not in the bag, but in the gym. Professional golfers now realize that the best method of performance enhancement and injury

prevention is to start a golf fitness program.

The Ultimate Golf Body

Posture is the first thing that needs to be corrected and must be done BEFORE you start a golf fitness program. If you are a sloucher you will never attain the flexibility you need to swing a golf club properly. In addition, you are setting yourself up for neck, shoulder, elbow, wrist, hip, and lower back injuries.

A **stronger** body plays better golf. Hours and hours of hitting balls will not get you stronger. This method of training just amounts to a lot of frustration and a greater chance of injury.

Flexibility is the most neglected component of a fitness program. As we age, our tissues lose elasticity and we lose flexibility. A regular stretching program improves range of motion during the swing, and decreases resistance in muscles and tendons.

Do you find you have more missed hits at the end of a round of golf? Fatigue is the enemy! Because golf has long been considered a leisure game and not a sport, very few people have taken **cardiovascular conditioning** seriously. 18 holes can take 4 plus hours to complete and cover 4 - 6 miles.

Program Instructors

Dr. Steven Horwitz is certified as a Chiropractic Sports Physician, Strength and Conditioning Specialist and a USA Weightlifting Club Coach. Dr. Horwitz was selected by the United States Olympic Committee as the sole chiropractor for the 1996 United States Olympic Team and has traveled internationally with U.S.A. Track and Field. In 1996, the Governor appointed Dr. Horwitz to the Maryland Council on Physical Fitness and served as Chairman of the council from 2002 to 2004. In 2004, Dr. Horwitz was selected as the Maryland State Director for the National Strength and Conditioning Association. He is a recipient of the Maryland Chiropractic Association's Outstanding Achievement Award and *Washingtonian* magazine has chosen him as one of the area's top sports medicine doctors. Dr. Horwitz is the author of the books **YOU CAN BE FIT!, Rotator Cuff Relief, and Golf Fitness Made Easy!** He competes in powerlifting and bodybuilding. These books are available at www.marylandsportsinjurycenter.com.

Mi Seitelman is the Director of Functional Training at the Maryland Sports Injury Center. He is certified as a personal trainer by the National Academy of Sports Medicine and is a member of the National Strength and Conditioning Association. His clients range from geriatric patients needing post-rehabilitative care to high school athletes training for sports. He specializes in baby boomers who want to get fit for life.

GOLF FITNESS MADE EASY!



Saturdays - 12:00pm to 1:00pm

Wood Middle School (Cafeteria)

January 12, 19

Course #: 201201

Potomac Community Center

January 26, February 2

Course #: 201202

Ross Boddy Recreation Center

February 2, 9

Course #: 201206

Banneker Middle Center (Cafeteria)

February 16, 23

Course #: 201207

**Register Early
Space is Limited
Class Fills Quickly!**

On Line at:

www.montgomerycountymd.gov/rec

Register By Phone:

240-777-6870

Individuals with disabilities and their families are encouraged to register for Montgomery County Department of Recreation programs. MCDR is committed to compliance with the Americans with Disabilities Act (ADA). To facilitate inclusion, interpreters, large print and auxiliary aids may be requested with two weeks notice. Please call a Therapeutic Recreation Specialist at 240-777-4925V/240-777-6974 TTY to discuss your needs.

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Montgomery County
RECREATION
DEPARTMENT

Starts January 12, 2008

Taught by:

Steven M. Horwitz, DC, CCSP, CSCS

Mi Seitelman, CPT-NASM

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The Best Equipment You Can Invest In Is Yourself!