

BODY FRIENDLY GOLF by Dr. J. Darcy Dill

Book & DVD \$39.95 www.BodyFriendlyGolf.com (800) 362-4106

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SUGGESTED INTERVIEW QUESTIONS

- 1 What is Body Friendly Golf?
- 2 How important is fitness in golf? Why do you need to be in good physical condition?
- 3 Golf fitness used to be relatively unheard of. Now it is part of almost all professional golfers personal regime. How did this come about?
- 4 What's the difference between what you teach in your Body Friendly Golf program and what a golfer learns from a Golf Pro?
- 5 Who would benefit most from reading your book?
- 6 In your book, you say golf injury comes from poor conditioning, failure to warm up properly, and too much violence in the golf swing. How can these be avoided?
- 7 What's the difference between general fitness and fitness specific for golf?
- 8 You mention in your book about flexibility, strength, balance, stability, coordination, and endurance. What aspect of fitness is the most important to improve your golf game?
- 9 What specific golf tips would you suggest to our listeners to help avoid injury?
- 10 What nutritional suggestions are most important for a golf game?