

# BODY FRIENDLY GOLF by Dr. J. Darcy Dill

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Book & DVD \$39.95    [www.BodyFriendlyGolf.com](http://www.BodyFriendlyGolf.com)    (800) 362-4106

Clover Calvert, Media Manager  
Ph (800) 362-4106 Fax (760) 897- 2145  
[media@bodyfriendlygolf.com](mailto:media@bodyfriendlygolf.com)

LECTURE TOUR: Dr. Dill will be traveling extensively, lecturing and teaching at Spas, Resorts and Golf Courses nationwide.

## INTERACTIVE LECTURES

Dr. Dill's lively interactive lectures offer insight into the practice and benefits of fine-tuning your body, so you can enjoy pain free "body friendly" golf. These conveniently scheduled lectures are entertaining and informative, introducing you to an effective strategy for success both on and off the golf course. Each presentation is followed by a question and answer period to help you understand the benefits of golf fitness and how to implement it into your game. Find out how you can sign up for this free lecture.

## GOLF FITNESS BOOT CAMP \$125.00

Turn your body into a well-oiled golfing machine! In this intensive three-hour training session participants are instructed in the practical application of body friendly principals. Upbeat and empowering, Golf Fitness Boot Camps are geared to accommodate all fitness levels.

*Learn:*

- Bio-mechanically Sound Warm Up and Cool Down Exercises
- A Golf Specific Exercise Regime
- Basic Swing Drills to Take the Violence Out Of Your Golf Swing

## PERSONAL GOLF FITNESS CONSULTATION/ \$250.00

In this private consultation Dr. Dill combines his experience and expertise in anatomy and physiology to design a customized, golf-specific fitness program to address your individual needs. Each personal analysis begins by meeting the doctor and reviewing your concerns about your body and your game. Next the doctor will videotape your golf swing, perform a set of simple orthopedic tests, and ask you to fill out a comprehensive questionnaire. You'll then reconvene the following day after your information has been evaluated. At that time, you will receive a DVD of your golf swing, a narrative report of Dr. Dill's findings, a copy of the *Body Friendly Golf Book* and *DVD* (a \$39.95 value), and thorough instruction in a customized, golf-specific conditioning program designed to address the areas of your body that need attention.

## CUSTOMIZED FOOT ORTHODICS

As an additional service, Dr. Dill will be providing fittings for "Customized Foot Orthotics" designed to give the golfer the support he needs on the golf course. Here's how it works. The doctor will take a casting of your feet while he is there. Then you'll receive your Foot Orthotics by mail from the company. These Orthotic Footbeds can be easily slipped into your golf shoes and your street shoes. They will provide needed support for years to come. The cost is \$300 including shipping.