

BODY FRIENDLY GOLF by Dr. J. Darcy Dill

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

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

INTERVIEW QUESTIONS & ANSWERS

Q. What is Body Friendly Golf?

A. Body Friendly Golf is a step-by-step golf-specific/health fitness program designed to help you maximize performance and minimize injury.

Q. How important is fitness in golf?

A. When an amateur is driving a golf club, they use 90% percent of their peak muscular activity – the same intensity required to pick up a weight which can only be lifted four times before total fatigue. This level of muscular exertion equates golf with sports such as football, hockey and martial arts. For this reason golfers need to condition themselves. Golf Pros now say that lack of proper golf-specific fitness is responsible for over 50% of every poor golf swing.

Q. What's the difference between what you teach in your book and workshops, and what a golfer learns from the Golf Pro?

A. A Golf Pro's focus is on helping you improve your swing, putting, chipping, course management, and all aspects of the game itself. As a chiropractor and personal trainer, my focus on improving your body's ability to perform these activities, so you can do the things your golf pro wants you do in order to execute a swing properly. My goal is to help you develop the strength, flexibility, balance, posture, coordination, and endurance that golf demands.

Q. Who would benefit most from reading your book?

A. Anyone who wants to improve their game and play quality golf without getting hurt.

Q. In your experience as a chiropractor and golfer what are the primary causes of golf injury and how can it be avoided?

A. Golf injury comes from poor conditioning, failure to warm up properly, and too much violence in the golf swing.

Q. How can that be avoided?

A. With a golf-specific fitness program, a good warm up and cool down program, and understanding where violence comes from in the golf swing, all of which are described in my book, *Body Friendly Golf*.