

The Studio Scoop

Golf Season Shape-Up???

April 2008

What does Pilates have to do with Golf you ask.

Pilates and Golf are similar in that both focus on the individual's development. The mind-body connection is strengthened through Pilates because neither Pilates or golf are made up of simple, repetitive movements.

Pilates assists in creating a more **stable** and **flexible** body which allows the golfer to maintain consistent **posture** throughout the swing. Pilates exercises build **functional strength** that assists in the golf swing by stabilizing, accelerating and decelerating at appropriate times throughout the movements.



Pilates Reformer

BODY BALANCE PILATES STUDIO...

What else are we about???

With a certified TPI (Titleist Performance Institute) Instructor on board, Body Balance also assists golfers in reaching their goals by utilizing TPI's physical screening process.

Factors like strength, flexibility, balance, endurance, nutrition, stability, power, vision and posture all influence the body's mechanics. We measure your ability to generate and transfer speed and by that determine the most efficient energy transfer throughout your body. We will isolate any physical limitations, correlate these findings to your swing technique and prescribe a custom-conditioning program. This custom-conditioning program can be sent via e-mail (with step-by-step instructions and film clips for each exercise) or can be performed at Body Balance Studio.

Golf & Pilates—try this test and exercise at home...

CURRENT CLASSES:

Mat Classes now being held **Thursdays at Inner Light Yoga Center in Hurricane, Utah at 10:00 a.m.**

AND, Tuesdays at Plant World in St. George, UT at 6:00 p.m.



**For More Information,
call Sue @ 680-7163**

Stand with hands just slightly away from the sides of your body. Raise one leg off the ground, but do not allow the legs to touch. Once stable, close your eyes and balance. Any movement or re-positioning is considered a loss of balance and the "test" is over. The goal is to be able to balance for 25 seconds. Repeat the test on the other leg.

It may be difficult for you to balance on either leg with your eyes closed. This is due to a loss of proprioception, which is the ability to sense where your body parts are in space using your nervous system. This can cause problems with balance, stability, tempo, rhythm, and timing in your golf swing.

The following exercise quickly builds better balance in each leg, while in golf posture:

- Get into your golf posture and lift one leg.
- Try to balance yourself first with eyes open.
- And, then try with the eyes closed.
- Repeat on the other leg.