



## Golf Health and Fitness Tips

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### “When Children Should Begin Conditioning for Golf”

Tiger Woods’ success and popularity has stimulated a tremendous youth movement in golf. Additionally, many golfing parents have recognized the likely contributing benefits of Tiger’s early exposure and opportunity to learn and play the game provided by his father, Earl Woods, and have attempted to duplicate similar opportunities to their children.

Although, most children will probably not turn out to be another Tiger Woods, there are many benefits to learning the game of golf earlier than later in life. Building a proper swing that produces consistent performance results is much easier when all a young golfer has to do is learn a swing for the first time without having to break old habits first as may be the case for more experienced, older golfers. Moreover, the challenge for most people learning to play golf later in life is that their bodies have lost a degree of natural posture, balance, flexibility, strength or control.

Making sure, therefore, that a young golfer’s body is physically prepared to play the game safely and with maximum success will ensure to a far greater degree that this youth movement will not be a fad but a trend that continues to bring millions of new golfers to the game that can be enjoyed for a lifetime.

If you have questions about this article or want to find out more about how a **Body Balance for Performance®** customized fitness training program can help your game, please call 800-473-6211 or visit [www.fitgolf.com](http://www.fitgolf.com).