

DODIE'S COMPLETE GOLFER

JULY 2009



ISSUE 16

Focus your mind. . .Prepare your body. . .Play your best golf!

Words of wisdom:

"Nowhere does a man go so naked as he does before a discerning eye all dressed for golf" --The character of Peter McNaughton in *Golf in the Kingdom* (by Michael Murphy)

LOCUST FOR BETTER BALL CONTACT

Locust is one of the most important postures for keeping your back healthy and strong. Definitely add this posture to your golf fitness program (if you have a current back injury, consult your physician before attempting this posture).

Begin in face down. On the inhale, lift your legs and torso. Hold the posture for 5-10 deep breaths, or work up to 1 minute. To challenge yourself, bring the hands out to the side in "T- position" or even extend the arms over the head. (There should be no sharp pains in the spine while performing this exercise.) You will feel the bundle of muscles along the side of the spine

(Erector Spinae) fully engaged. Perfect!

These muscles help the spine to stay in position for health, but also for the golf swing. Holding a good posture at the beginning and throughout the golf swing is essential for clean ball striking. If you are hitting the ball heavy, or thin, check to make sure your back muscles are strong enough to support your spine angle. Chances are that a weak spine is contributing to your inconsistent ball contact.

Add locust to your golf fitness routine, and you'll be hitting pure, crisp golf shots in no time!



Locust (Salambhasana) is a fantastic posture for strengthening the back and preventing back injuries.

NUTRITION ON THE GOLF COURSE

As the summer heat approaches, nutrition becomes even more important on the golf course. Four to five hours without sustenance will leave you drained of energy. Once your body gets tired, mental focus will quickly fade.

Do you have a pattern of playing poorly on the back nine? Especially on holes 12,13 and 14? Check in with your energy level. Are you eating enough throughout the round to sustain focus for the entire round?

Nutrition is also an essential element to your golf fitness program. The proper amount of protein, carbs and fat will allow you to increase strength and stamina very quickly. A nutritionally deprived diet will alter the muscles abilities to recover after workouts, taking longer to improve fitness levels.

There are many theories about nutrition for golf, and nutrition in general. Find out what works best for your own

body. Everyone will be different. Here are just a few ideas:

Organic nuts are always easy to pack in the bag. Nuts are a great source of protein, vitamins and Omega 3's. They digest slowly for sustained energy.

The proper energy bar can also keep you energized through out your round. Just be mindful to pick the right bar. A lot of energy bars are merely candy bars with a few vitamins sprayed on them. Yummy, but not a lot of nutritional value.

A qualified sports nutritionist can give you more ideas, and be a huge asset to your golf game. Physical fitness goes hand in hand with nutrition. How your body feels on the golf course effects how you play tremendously. Don't overlook the importance of proper nutrition as part of your fitness preparation for golf. Eat well and play great golf!

Other postures for strengthening the back:

-Plank Pose (Dandasana)

-Dolphin Plank

-Down Dog (Adho Mukha Svanasana)
Shown Below



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Dodie's Complete Golfer

Dodie Mazzuca

- LPGA Tour 2001,2002
- Golf Digest Schools Instructor 2003-2005
- Professional Yoga Instructor
- Certified Titleist Performance Institute Golf Fitness Instructor



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Homemade Power Cookies for the Golf Course

- 1 cup Organic Oatmeal**
- 1/3 cup Whole Wheat Pancake mix**
- 1 teas. Organic Cinnamon**
- 1/4 teas. Sea Salt**
- Egg Whites**
- Organic Molasses**
- Organic Raisins (and dried fruit)**
- Organic Walnuts (and/or sunflower seeds)**

Preheat oven to 350 degrees. Combine dry ingredients. Add egg whites and molasses until all of the ingredients stick together. Add raisins and nuts. Spoon onto a baking dish (optional to use parchment paper). Bake for 5-10 min. Enjoy!

UPDATES & UPCOMING EVENTS



Save the dates for this FALL!

Yoga and Meditation Retreats

September 25

October 23

November 13

Bring a friend and relax in the tranquility of the Rio Verde Foothills!

Interested in 4-5 star vacations at 2-3 star pricing?



Come to Rare Earth Wine Bar for an informative light lunch preview of a company that is taking the Travel Industry by storm! You do not want to miss this!

RARE EARTH WINE BAR (Alma School and Dynamite)

TUESDAY JUNE 23RD

TIME: 12pm-1pm

Contact Jim Gregory (480) 784-7377

Ultimate Golf Package:

- TPI Golf Fitness Evaluation
- Personal Workout Website
- 18 session take-home workout specifically for your golf game.
- Personalized Golf Stretches
- Basic Golf Swing Analysis

\$250

Golf Lesson:

1 hour : \$125

3 Sessions for \$350

Private Yoga/TPI Training Sessions

1 hour : \$100

Series of 6 : \$550



Breakfast of Champions! Lilly Pup powers up with her puppy kibble to keep her strong and full of puppy spunk for the day. Zooming around the house requires a lot of energy!



Golf Quick Tip:

Get over first tee "jitters" by practicing with intention on the driving range. Before you tee off, visualize the shot you will be required to hit on the first hole. Go through your pre-shot routine, just like you would on the first tee. Hit one shot. Then switch clubs to the shot you will be required to hit from the fairway. Maybe even play the first 3 holes on the driving range. You will be less nervous, more focused, and off to a much better start with a simple driving range drill.