

# USGTF INTRODUCES GET FIT TO GOLF

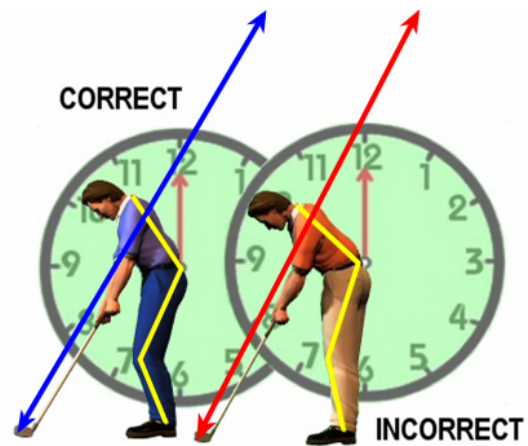
The United States Golf Teachers Federation has chosen Get Fit to Golf as their premier Golf Fitness program. The USGTF Technical Committee had plenty of options to choose from, and sees Get Fit to Golf as having the best competitive edge in the marketplace. "It is important that our golf instructors provide students with time efficient programs to enhance and expedite the golf learning experience", says Bob Wyatt, USGTF Course Director. "Get Fit to Golf educates in simple language and provides our instructors and students with a learning tool that will move them to a higher level of golf expertise with effects that last long into the future."

## RON BURKE AND GET FIT TO GOLF



Ron Burke DCDO has been a chiropractor of over 30 years experience and has been specializing in back care with a focus on sports injuries and rehabilitation. Ron has worked with some of the leading athletes in Australia over the years to help achieve sporting excellence. Over the past 10 years he has further focused his interests in golf biomechanics and has treated many amateur and professional golfers with the most notable being Bobby Locke and currently Nikki Garrett, 2006 Ladies European Tour Rookie of the Year and in May 2007 won Back-to-Back Ladies European Tour titles.

Ron first became interested in the importance of posture and spine angle in golf when he was introduced to Bobby Locke. Ron treated Bobby Locke for a back condition over 30 years ago when he was playing in a senior tournament in Australia. Bobby discussed with Ron how important a good back and posture was in golf and the fact that most golfers are unaware that they may have a physical problem affecting their swing. Even though 30 years have passed now instructors and magazines still stress that good spine angle is important, but they still do not focus on the underlying causes of the physical problems or how to correct them. That is why Ron decided in 1998 to undertake research in this area with the aim of eventually creating an easy to access and simple to understand online assessment to determine the ability of a golfer and to show how incorrect posture and spine angle affects a golfer's game. Ron Burke invented the unique world first completely online golf biomechanics analysis and correctional program called the ChiroFit™ program. The program determines a golfer's physical and biomechanical faults and then produces a unique personalized health and fitness solution to correct those biomechanical faults in order to bring their body and muscles back in to balance and improve the golf swing.



The results use simple images to demonstrate problem areas

## PHILOSOPHY BEHIND GET FIT TO GOLF

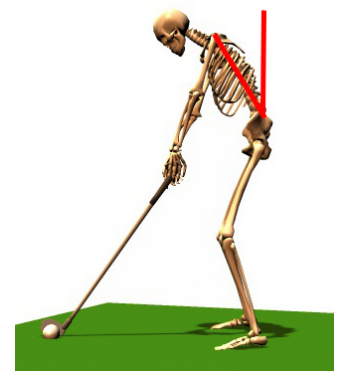


Ron Burke reached his conclusions by breaking down the golf swing from a purely biomechanical view. How does your posture affect your swing? Can it cause you to hook, slice, hit the ball fat or thin etc? The answer was yes. Because as your posture changes so does your swing plane. Then he looked at the variations in posture. Can they relate to swing faults? ...Yes, they are definitely related to every swing fault. So then Ron came up with a basic equation.

$$\text{Muscle imbalance} = \text{poor posture} = \text{poor swing}$$

Ron looked at every posture and muscle imbalance and came up with a simple formula to analyze these faults related to a swing fault. So this is how Get Fit to Golf and the ChiroFit™ Program was born. If you can maintain a constant posture and spine angle through a shot you will be able to repeat the same swing and return the club face square to the target line. He also looked at well known golf champions past and present, from Ben Hogan, Jack Nicklaus, Greg Norman, Tiger Woods etc. Even though they have variations in their swings at first glance, if you break their golf swing down they all have something in common. At the impact zone they have maintained good posture, spine angle and balance, and they are able to repeat this.

If you want to improve your golf game, your golf swing training and analysis should have a physical component. Have your golf swing analyzed from a biomechanical standard and then fit it to your game. This is the basis to Get Fit to Golf. An easy to access online assessment process which will highlight and analyze your golf swing faults, rotational flexibility etc and then you can download a tailor-made easy to use program all done online. All it takes is 30 minutes of posture balancing three times a week to dramatically change your golf swing and improve your game for life.

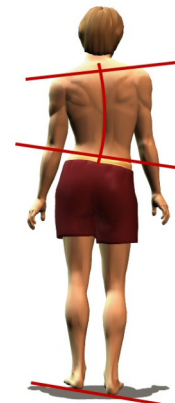


## HOW GET FIT TO GOLF WORKS

Get Fit to Golf's ChiroFit™ Program fits your body type and posture to your swing! A body type like this one illustrated to the left, will most likely cause you to slice. Does that mean you will always be a slicer? No! Get Fit to Golf can help eliminate your physical problems causing your swing problems.

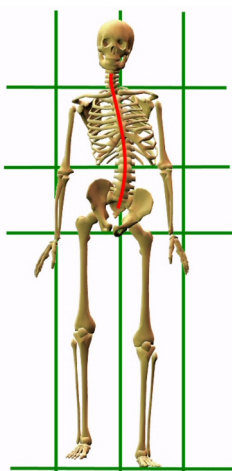
For example, if you are a right handed golfer with a left short leg, as seen in the diagram (right), and a slumping posture as seen in the diagram (left), it will cause you to have an open stance and an out-to-in swing plane. If this is causing you to slice or push the ball, WE CAN HELP YOU CORRECT THIS!

For the first time a golf fitness program that recognizes that each golfer is different and offers a tailor-made solution to their individual problem areas.



## UNDERLYING PHYSICAL PROBLEMS

There are a range of different problems which can affect a golf swing including displaced hips, muscle weakness, muscle tightness, shoulder pain, spinal problems, fallen arches in the feet, one leg shorter than the other, hunchback and back pain and existing or past injuries. These can all affect your balance, center of gravity and posture, as well as restricting your movement, and directly affecting your golf swing.



The way Get Fit to Golf diagnoses your physical faults is through a series of online questionnaires that are part of the simple self-assessment process that can be done at home or in the office to build up your swing, muscle and posture profile. The data is then analyzed and a major swing fault and posture fault is determined as well as muscle problems, current fitness level and any extra problems found. From these results a personalized health and fitness program, the ChiroFit™ Program, is devised that concentrates on specific health problems and muscles groups that are too tight or weak, that are causing the posture faults and thus producing a swing fault.

In many cases, a muscle on one side of the body is weaker than the same muscle on the opposite side. The ChiroFit™ Program advises specific stretches and exercises to strengthen the weak side only to get both sides of the body in balance. This is where Get Fit to Golf differs from many golf fitness programs where both sides of the body are exercised, keeping the imbalances intact. Other web sites and books give general exercises to everybody, which will not correct an individual's specific problem. Get Fit to Golf will discover what YOUR individual problem areas are and design a fitness solution for YOU ONLY.

Get Fit to Golf helps golfers become aware of underlying health problems that they may not have been aware of or didn't know they were contributing to a poor swing. Ultimately the Web site is designed to help golfers play better golf, lower their score, to improve their health and fitness and prevent injury. BETTER BODY, BETTER GOLF.

The ChiroFit™ Program is designed to point out which individual muscles may be too tight or weak and then target those areas to eventually develop a more balanced body. Other aspects of your physical health, such as weight problems, fitness level, injuries, back problems and the need for orthotics are also analyzed and extra exercises and advice given in the areas found that need more focus. This is how the ChiroFit Program is customized to your individual needs.

## HOW GET FIT TO GOLF CAN WORK FOR YOU AND YOUR STUDENTS

We know golf instructors are overwhelmed with options to enhance a student's golf learning experience. Efficient management of your time is a key factor as to where you focus your efforts as well as improving your bottom line. If there is any doubt in your thinking that golf fitness isn't the number one topic in the world of golf today, then Google search Golf Fitness and you will find over 60 million Google returns. Get Fit to Golf provides golf instructors with a simple, time efficient, low cost program where you can get a free education in simple language on the biomechanics of the golf swing and significantly increase your bottom line. Best of all you don't need to be a golf biomechanics fitness guru or spend thousands of dollars and hundreds of hours to attain this goal.

By simply spending a few hours at your home or office reviewing the basics of the program you will be able to make a well informed intelligent decision about golf biomechanics and fitness. It just doesn't get any easier than Get Fit to Golf. All the hard work is done for you and you can use Get Fit to Golf to educate your students and tailor make a golf improvement program that puts you on par with any golf instructor in the world. Whether you download our free kit to integrate Get Fit to Golf into your existing golf instruction program or you simply recommend your students to Get Fit to Golf to obtain their own personalized biomechanical assessment, the only thing affected will be your bottom line.

**To get started visit [www.getfittogolf.com/agtf.cfm](http://www.getfittogolf.com/agtf.cfm)**