



...adding years to your golfing life and life to your golfing years!

Lee Westwood is #1 In The World...And It's No Accident!

Written by Mindi Boysen, TPI CGFI

Lee Westwood is now officially the #1 player in the world. He has ended Tiger's 281 week reign with hard work, determination, and a systematic planned approach to improve his performance. How does a 37 year old (3 years older than Tiger) become #1 in the world and pass up all the young players? His secret weapon: Dr. Stephen J. McGregor!



Lee started taking charge of his biomechanics of not only his swing, but his overall health and vitality in 2006 when he met Dr. McGregor. Dr. McGregor has a PhD in Exercise Physiology and is the Managing Director of Sport Science Solutions in England. He took the time to go through a thorough assessment and analysis of Westwood's physique, diet, and movement patterns.

What made Lee want to make the turn towards athleticism? I'm sure seeing the changes that happen as we age as early as in the mid-thirties could have been the spark. But, according to Westwood himself, he decided to get more fit because the game of golf has definitely changed over the years. Viable, competitive players on the tour are stronger and need to hit the ball farther due to the way many of the courses have been set up.



Here are a few things that Westwood and McGregor worked on together as a team to enhance Lee's overall performance. I recommend you pick a few and try them, too!

1) Getting back to "Square One" and "Ground Zero":

Lee knew he wasn't in the best shape he could be. Dr. Steve assessed him from head to toe...trying to find any weaknesses in his body. You cannot build a house without a solid foundation. If there are cracks, imbalances, or gaps in any way, that house will not stand the test of time. It is the same as the alignment of your car. If you do not get your tires aligned, there will be compensations and abnormal wear and tear. So, the first step to take in building a strong physical foundation for yourself is to pinpoint the most important misalignments of the body's joint functions and bring them back to "square one". Find a golf medical specialist in your area at www.mytpi.com and schedule a physical screening with a corrective exercise program.

2) Building the best house ever:

Once Lee's foundation was set, he was able to move on to building the floors of his house. The more floors, the bigger the house, the better the athlete. The first floor is strength and endurance. The

second floor is power production. The third floor is advanced golf specific work. A program needs to be designed and adhered to which leads to progress and advancement toward goals. This is not a maintenance stage. Each time you work out, there should be a purpose for building upon and constructing. This may be faster, stronger, higher or longer. The body must be stressed enough to change for the better. Find a golf fitness specialist in your area on www.mytpi.com to get a program designed for you!



3) You are what you eat:

Lee's diet became more controlled to balance out his energy during the rounds. Also, more focus has been placed on increasing his lean muscle mass and reducing his body fat. According to Lee, he hasn't really been on a strict diet. He has just cut out crisps, biscuits, chocolate, and alcohol as much as possible. He does allow himself a glass of wine, beer, or champagne from time to time, but only in moderation due to the high caloric count. Back to the car analogy: the better the gas you put in your car, the better it will run and the higher the efficiency rate. So the right nutrient balance of carbohydrates, proteins and fats on a daily AND hourly basis is very important. Meal and hydration timing is key. If you are confused on where to start, find a certified lifestyle/weight management coach or registered dietician in your area.

4) The body can only repair with enough rest:

Now, this is not saying that lying back on the couch with the remote control in your hand every day is the way to go! Far from it. While Lee has scheduled a full year of tournaments, practices, and workouts in advance, he also has allowed the "down time" to repair and heal. The body recovers and grows best when it has enough sleep as well as active rest. After four rounds of golf, day-to-day stress, and traveling, Lee speeds up his recovery process using massage and myofascial release. Myofascial release is soft tissue therapy that can be done on your own. I have taught my clients to use a golf ball, massage stick, and foam roller to help get out the knots and toxin buildup. It increases blood flow to areas to speed recovery. Go to www.performbetter.com and get yourself a foam roller for your home!

Remember, it is how meticulous you are in your journey and how precise you are during the process that produces the most desirable result. Big words in one sentence, but you get the point. Yes...Lee Westwood makes his living as a professional golfer and may have a little more time and motivation to be the best he can be. But, any golfer of any age and ability is sure to add years to their golfing life and life to their golfing years if just a few of the above tips could be put into practice.

Mindi Boysen is the owner of "Fit For Golf! Fit For Life!", a Phoenix based company which expands globally. She is the Arizona Women's Golf Association Official Fitness Partner with over 18 years of experience in the golf and fitness industry.

From players on the PGA Tour to recreational golfers, she teaches fitness techniques designed to improve both a player's golf game and overall health. Her format includes the Titleist Performance Institute (TPI) screening techniques, strengthening and flexibility exercises, balance and stability movement reinforcement, and mental/nutrition focus. Utilizing her B.S. degree in Early Childhood Education and Level III Junior Player Development certification through TPI, Mindi helps junior golfers establish a fundamental base and athletic foundation to aid in their golfing years to come.

www.fitforgolfusa.com 480.203.6228