



Holiday Gift Ideas For Your Favorite Golfer!

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Die-hard golfers usually have no problem buying themselves the latest technology in clubs or searching for the trendiest fashions and shoes. They regularly check out the latest swing tools advertised on TV and compare gadgets with the fellows in their foursomes. These extra golf "toys" are outside entities...fun, neat, show-off stuff that only the cool golfers own. Don't believe me?...just check out their garages and basements.

According to the international speakers and vendors at the World Golf Fitness Summit in Orlando last month, the hottest item to invest in this coming year is not a "thing" at all. It's much more personal...it is *the golfer* ! It may be hard for any golfer to admit, "I got myself some lessons" or "Hey, check out my new exercise". It shows vulnerability. Tough guys/gals don't have weaknesses!

For the New Year, help your favorite golfer out with a special gift; one where they can say, "Well, my friend got this for me....I might as well try it. I wouldn't want to offend him/her." It takes the pressure off them. By 2012, the examples below will be the cool stuff to have or do, and your beloved golfer will thank you for helping him/her get ahead of the pack!



1) 2D/3D Lesson: Full swing lessons without 2D (video) or 3D (sensor) technology are a thing of the past. Find a certified PGA/LPGA teaching professional in your area who will capture a BEFORE and AFTER swing in the same lesson and show them to you side by side on a computer. Many golfers are visual learners. So it is important for you to be able to see your body and swing in action from the start. Every lesson does not need to have video involved, but if an instructor has not invested in a video and computer

system for you to see...DO NOT INVEST IN THEM! Don't hesitate to ask before purchasing a gift certificate. 3D technology is a little more expensive, but measures the efficiency of the swing of a golfer. It picks up what the naked eye cannot see in video.



2) TPI Golf Fitness Handicap: "What's YOUR GFH (Golf Fitness Handicap)?" The Titleist Performance Institute has developed a systematic way of measuring the physical limitations that affect a golfer's swing. It is on the same 36 point scale as a regular GH (Golf Handicap) on the course. If your GFH is lower than your GH, then you definitely need to spend more time on the fundamentals of your swing. If your GH is lower than your GFH.....you MUST start working on your greatest asset: Your Body! You will not get better unless your body gets better.



3) Swing Based Home Fitness Equipment: Move over boring gym with your giant machines lined up. Here comes the bright colored, portable new kids on the block. Golfers golf.....they typically don't enjoy a work out. After spending 5 hours at a golf course, a trip to the local gym just doesn't sound appealing. But, if it is convenient and AT HOME, it might just work.

Top 5 pieces of Golf Fitness Equipment: Foam Rollers (\$25), Resistance Tubing (\$15), Medicine Balls (\$45), Stability Balls (\$30), Gliding Discs (\$20). Also, the "Fit For Golf! Fit For Life" DVD series (\$40) is very easy to follow at home and is broken into small increments of time.

4) Golf-Specific Trainer/Therapist: Much like the importance of finding a qualified teaching professional for fundamentals, it is just as crucial to screen your health professionals. From exercise specialists and physical therapists to chiropractors and massage therapists, look for service providers who not only have experience with golfers, but who actually golf themselves! You wouldn't have your car serviced by someone who doesn't even own or drive a car, would you? They don't have to be great at it, but at least have some knowledge of the game and what it takes to make a consistent swing without injury.



Good luck in your search for the perfect golf gift! I highly recommend visiting www.mytpi.com and searching for a professional in your area for the above services. If you have any additional questions, comments, or suggestions, please contact me at mindifitforgolfusa.com or visit my website www.fitforgolfusa.com . I would be happy to help you in your quest to be more Fit For Golf AND Fit For Life! FREE SHIPPING for all items throughout December! Use Promo Code: TPIFREE!

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