

A Stretch In Time For A Golfer

Golf may look like a leisurely game when you are watching it on the television but it is actually a very demanding sport. The single most important factor for a person playing golf is their flexibility; this is behind every swing and every stroke - your flexibility is what keeps you from over stretching yourself and sustaining an injury. You need flexibility to be able to drive the ball further than your opponent. If you ever want to reach your full potential in golf then you need to recognize the importance of flexibility and of golf stretching exercises. Golf stretching and a good golf exercise program are the basis of playing a good game of golf; unless you are prepared to exercise and increase your flexibility then you will never be on top of your game. Top golfers know the importance of a good fitness regime and will include golf stretching exercises as a matter of course. Golf stretching exercises will help to improve the power of your swing and the degree to which your body can turn. A good stretching program should involve moves that stretch all your joints; this increases flexibility, body awareness and control and ultimately improves your game. Your program should also include double joint golf stretching exercises as this enables the joints to work together. Such exercise should be done on both sides of the body as this helps to improve your balance which is vital for making long and accurate shots; it also plays a role in injury prevention while you are playing the game. Golf stretching exercises should be varied and changed around on different days as this helps to strengthen the muscles and improve bodily flexibility. The golf swing is a full body movement so any exercises should be designed to work with the whole of your body. You can do a quick golf stretch in under a quarter of an hour and even a long stretching program should not take longer than forty five minutes a session. Your stretching exercises are primarily designed to increase your flexibility as this is the foundation upon which full golfing exercise programs should be built. A good stretching program will improve your accuracy and your driving distance and ultimately your optimum golfing performance. Exercise and stretching programs for golfers are designed to minimize the occurrence of injuries, as it is not uncommon for a player to be kept off the course due to an injury sustained during a game. If you want to avoid injuries, and make sure that you can play the game then you should try to ensure that you are in tip top condition.

About the Author

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