

BETTER GOLFERS ARE MADE IN THE FITNESS CENTER!

Why do we put such an emphasis on fitness?



If your body can't do what you want it to do, the path to a better golf game may be long and frustrating. With that in mind, it's extremely important for your golf swing coach to know what you physically can and cannot do. Golf fitness involves increasing strength, flexibility and stability all geared towards make it easier for your body to perform the swing mechanics.

A proper golf swing is an extremely complex movement and requires control of your body to achieve success. Getting it right and ultimately improving your game is probably the most underrated benefit of taking on a golf fitness routine. Researchers found that top tier professional golfers have one major difference from average golfers: physical conditioning. In fact, the most common cause of the amateur golfer injury is poor golf swing and body mechanics. Many golfers cannot make smooth, effortless swings because their bodies are unable. As with any sport, golf requires a personal investment in good nutrition and regular exercise that improves body mechanics and helps avoid injuries.

The bottom line is that most players love the game and want to play forever. We know golfers who stop playing due to injuries, health issues or when walking for extended periods is difficult. This is where your Rec Center and golf conditioning specialist come in to help you get where you need to be to perform well. Find out more about working one-on-one with a Golf Conditioning Specialist by emailing Laurie Strickland at Laurie.Strickland@fairfaxcounty.gov.



Health Coaching: Change starts here!



Sometimes the most difficult part of making a change is taking the first step. Have you ever known technically how to do something, but somehow you don't seem to be able to get yourself to do it? Or maybe you don't have a clue how to do it, but can't bring yourself to take that first step? While some personal trainers are also certified health coaches, health coaching is very different than personal training. Personal trainers will show and tell you what to do. Health coaches will ask you questions and help you to get to the heart of your goals. What do YOU want and why is it important to you?

Behavior modification is the focus of a health coach. What are your barriers to change? Is your goal increased fitness, but you need help managing your schedule to make it happen? Is your sleep schedule (or lack thereof) holding you back? Does your lifestyle conflict with or reflect your priorities or serve what (or whom) is most important to you in this world?

You don't need to be an elite athlete to be well-served by having a health coach. Athletes have long accepted the guidance of a coach to get and keep on track to achieve their goals. Everyone can benefit from working with a professional health coach. Even small changes over time can exponentially change your life.

The Park Authority offers many different types of fitness and wellness services. You don't need to be a Rec Center member to meet with one of our health coaches, but a health coach can help you gain the greatest benefit from your Rec Center membership. There are health coaches available to meet at several of our Rec Centers, as well as convenient virtual sessions to serve you. Find out more about these services by reaching out to Laurie.Strickland@fairfaxcounty.gov.