



Why do you want to play better golf?

If you speak to fitness trainers many will tell you that a customer who says *"I want to lose weight"* is already a lost cause. It is insufficient motivation to stick with a fitness program. What good trainers will do is push their customer to think about *why* they want to lose weight. They will try and focus them on an emotional experience they want to enjoy or improve as a result of better conditioning and a loss of weight.

Golf is the same. For most of us, *"I want to lower my handicap"* is not actually a great motivator to stick with an improvement plan. The question is: why do you want to shoot lower scores? What is the experience you want to enjoy or improve? Can you define it, and can you describe it as an emotional feeling?

Want to chat about your motivation for improvement? [Contact us](#).

Your fitting survey

Don't neglect your options

We'd like you to give us 3 minutes of your time to complete a survey that will allow us to provide you with a better and more personal service. With your individual responses, we get a much better idea of how we can help you. This is a win-win survey.

[Give us your answers now >](#)



Too many golfers carry clubs in their bags they very rarely use and then don't have clubs they'd use on at least a third of the holes (if they were in the bag). How many wedges do you carry?

And while we're on the subject of clubs used on every hole; most golfers play with a putter that has a shaft length that was probably never validated as being the right length for them.





Was your putter fitted or was it trial and error?

Fill in your survey

That's why we'd like you to complete this survey and let us know what's most important to you and your playing experience.

You want it now

Are you one of the many with a handicap between 12 and 17 who could easily be single figures if only you had a better short game? Let's see.

[Complete now >](#)

[Contact us now >](#)

Effortless distance



You can almost "feel" the distance when hitting the new Srixon 6th generation Z-STAR golfball. If you want to hit it further, we can help.

[Speak to us >](#)

Adding speed

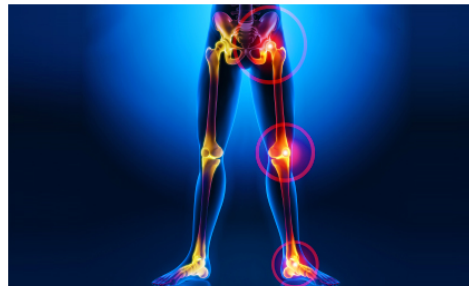
Gluten stability and speed

Glutes; stability and speed

Tiger Woods once blamed a poor round on a failure “to activate the glutes”. He was talking a lot of sense. But it's not just elite athletes that should place some focus on their glutes. There's even more reason for those of advancing age should be concerned about the strength of their glutes.



The GLUTES are made up of 3 muscles: the Maximus, Medius, and Minimus.
Each matter to your health and your golf swing.



*Our “sitting” lifestyle is especially unhealthy for our glutes.
Your glute muscles are essential to holding your pelvis and hips in place.*

Weakness in the glutes can manifest itself in pain and stiffness over a broad range of the body.



Your glutes help you to retain posture throughout the swing and provide stability to the lower body (hips/pelvis) while the upper body rotates.

Strong glutes help with the acceleration of the clubhead towards impact. With a little work, you can regain, or increase clubhead speed.

Plan to add speed in 2019

Spend some time with a personal trainer and talk to them about exercises, relevant to your age, strength, and flexibility, which will strengthen your glutes. Your health will be better. You'll add speed to your golf swing. Your golf will be better.

Then come and see us about your equipment and technique.

Contact us >

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