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## Dont let pain get in the way of your game

### Know your body, play better golf

I recently got a note from a customer who has hit the wall physically. He's getting a little older and rounder (I'm right with you there!). As he puts it:

*"I'm in my middle 50s, and I've had some muscle and joint issues and gained a few pounds. Things aren't just working right in my body and in my golf swing, though I still love to play around the Metroplex every week. But when I play, I have to take a lot of anti-inflammatories so I don't hurt so bad afterwards but I need a change not only in my gear, but my body. I'm just in pain overall. I can really use some advice."*

**- E.L.**

I think any one of us "older golfers" could have written this for a number of reasons. I know of a lot of younger golfers as well that suffer from physical issues due to illness and injury as well.

My back and knees are not quite like they used to be and I can't seem to bend as far as I used to. I take my heavy duty "military motrin" the night before a round, on the day, and the day after, just to keep the pain at bay. But let me tell you a couple things you can do. First and foremost, we need to get your body right and you feeling better.

## What does Adam say?



Our Titleist Performance Institute (TPI) Fitness Instructor Adam can meet with you and can assess your goals, but also do an evaluation to see where you are currently. If you need more than what he can provide, then we can refer you for golf specific treatments and what should be evaluated by a TPI Certified Medical Professional or your own physician. I bet you're thinking, "Why don't I do what Adam says?" Simple: I'm lazy. Ask my wife.

Once your needs are assessed, he can build a plan to help you get back in game shape and hopefully improve your quality of life. And of course, when you feel you're ready we can work on that equipment.

We're lucky enough to have a TPI certified instructor. I'll give you a guess of who that might be. With Adam focusing on the physical component and Tim focusing on the instruction side, with his extensive knowledge of The Golfing Machine, in no time we can get you sorted out and playing better than you have in a long time, maybe even ever. They will develop a plan to not only work the kinks out of your body, but your golf swing as well.

If you're ready to get back into shape and fix your swing, give us a call at **817.595.4653** or [Click here](#) for to make an appointment with **Tim, Adam** or both of them!

**Center of Gravity (CoG)  
matters**

**So much written hype**

How often do you read about amazing new driver crowns or faces that allow the CoG in any club to be made lower and deeper? They promise “easier launch” and “greater distance”.



The authors of these shrieking product headlines are right, but the definition of deeper or lower is marginal. A Golf Spy analysis revealed that the difference in CoG location between the CoG in a Titleist D2 Driver and a Callaway GBB Epic Driver (depending on setup) was less than 2mm!

#### PHYSICS AND GOLF



#### 2mm matters

*But the difference in the CoG vertical location of just 2mm means that the amount of backspin imparted on the ball will be significantly different.*

#### LAUNCH DNA



#### Measured in tens of yards

*Change the spin just 500rpm on a tee shot and with some swing speeds you have a 20-yard difference. That's why you need a fitting.*

## Fix your millimetres and yards

Get every yard off the tee your potential deserves. Come and have a tee shot assessment and let's see how we can add 20, 30 and even more yards to your tee shots.

[Contact us >](#)

## It's time to do something

### A staggering fact

Scientific research indicates that, despite the medical advances that are curing many diseases, the life-expectancy of the latest generation is going to be 5 years less than we currently live!



We're not here to lecture anyone on diet, nutrition, or "screen-time". But we do believe that we need to get our children to embrace a more active lifestyle.



## That's why we want to help

If you have a child or grandchild, then let's get them started playing golf.

We'll make it fun and enjoyable, social, and active. We want them to be healthier for their whole life. We want them to have those 5 years back. It's time to do something.

[Contact us for an assessment >](#)

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