



## You Can Shoot 70 at 70: Age Defying Breakthroughs for the Senior Golfer (Paperback)

By Dr Marcia J Hootman

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the year 2008, there were 8.6 million seniors playing golf. That s a whopping 33 of the 28 million people who played. Even with the growing boomer population, there has yet to be a book directed specifically to golfing seniors. This is not another book about swing mechanics. It s about the challenges people face as they age, especially if they don t continue to stay fit and healthy. And it addresses the common complaint of most senior golfers, I can t hit the ball like I used to. We want to show you how you can improve your golf game and, as a bonus, live a longer, healthier life. In this groundbreaking work we will show you: . What creates the maximum power in a golf swing . Easy ways to increase and maintain strength, flexibility and balance . How to prevent injuries on and off the course . The one activity seniors do daily that hamrs the body most . What to do about existing body aches and pains . Which everyday foods can help your golf...

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