



You Can Shoot 70 at 70: Age Defying Breakthroughs for the Senior Golfer

Dr. Marcia J. Hootman

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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 hampers the body most
- . What to do about existing body aches and pains
- . Which everyday foods can help your golf game
- . How you can enjoy your round of golf more and still have energy to enjoy the rest of the day with your family and friends
- . What is your golf personality as far as needs, style and stress points, how that affects your game and what you do to change it to lower your score
- . How to stay focused on the course
- . How to become aware and to change the negative thoughts and words about your game that make your handicap rise
- . Alternative healing methods used by pros to keep them fit and playing well
- . Why tour players add conscious breathing to their pre-shot routine

The book is divided into seven chapters. Chapter I looks at what, besides arms, (the main source of power for seniors) creates power in the golf swing. Chapter II busts the conventional myths of aging and gives suggestions on how to stay youthful and vital. In Chapter III, Dr. Cherie Smith, D.C. describes the toll golf takes on your body and how you can alleviate aches, pains and strains associated with the game. Chapter IV offers great examples of strengthening movement you can do at home, without purchasing expensive fitness equipment. Chapter V talks about what Hippocrates said, "Eat as if your food is your medicine and your medicine is your food." Many seniors complain of loss of energy. Most of this comes from sedentary living and poor nutritional habits. No preaching, only information to use as you wish, with suggestions on how you may be able to cut down or eliminate toxic prescription meds. Chapter VI describes how you can take control of your mental game. Dave Bisbee divides your golf personality into a G (Tiger), O, (Jim Furyk), L (Sergio Garcia), or F (Fred Couples), how these personality types will govern what you do on the course and how you can use the information to better your game - and your life. Chapter VII shows you how changing your self-talk will not only improve your mood but improve your game. Discover how to stay in the present moment-one shot, one hole, one round at a time. Even if you choose to make only one or two small changes as described in this book, your life will improve drastically. You'll wake up in the morning excited to have another day to find the joy in life and after a great round of golf, be able to rest comfortably, without aches and pains. This is unlike any other golf book you've ever seen, sharing age-defying secrets to a better game and a healthier life for you and your family.

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