

Most golfers recognize that their bodies can't move as freely as needed, but don't know what to do about it. These body compensations (imbalances) can lead to many future injuries:

- herniated disc
- fractured rib
- back soreness
- partially-torn tendon
- partially-torn meniscus
- tendonitis
- hernia
- foot injury
- stress fracture
- torn labrum

just to name a few. These are some of the injuries that players in the top 50 of the Official World Golf Ranking have suffered in the last few years. Have you ever considered that your body tensions and stress are interfering with your mental relaxation and the consistency in your game?

Stress is the number one killer in the world, according to the WHO (World Health Organization), and a major cause of dysfunction and disease in our bodies. It can affect your skill levels and cause anxiety. Stress and tension management play a key role in performance enhancement and can be

building is its foundation. The better the foundation functional it is and able to withstand the loads applied strong foundation helps your body-building stay in That requires core stability, mobility, and flexibility that foundation, we are adding load stressors like habits, environmental barometric pressure, and movements in our work, home, and play. No wonder bodies are in disrepair and in need of rebalancing

Let me introduce you to Beneficial Exercise (B.E. Golfers. What is B.E.? It is a system that brings back to life. Our exclusive B.E. method will assess correct your body's tensions, locate the weaknesses create strength and balanced movement where there little to none.

Our aging bodies are changing the way we move think. It makes a challenging sport like golf hard and enjoy. Our bodies are designed to make repetitive actions easier. That is not always a good thing as to muscular imbalances that can impact your body range of motion (ROM), mobility, and flexibility. I to reduce body imbalances to create a more pleasant enjoyable experience in every activity.

B.E. works with how the body is connected - one many moving parts. When B.E. is applied to you

incorrect assigned movements, causing muscle tightness and weakness. With B.E., your weak tightened muscles are strengthened to return to its natural assigned function, nullifying the muscular compensation.

B.E. heals through reversing the movements that contributed to the imbalances and weaknesses you feel in your body. Applying B.E. to your body will result in:

1. Better range of motion -
 - Less tension leads to less stress, causing you to be more relaxed in your game.
2. Improved endurance -
 - Reduced tension gives you more energy for your game.
3. Staying out of your head -
 - You will focus on the right thing at the right moment.
4. Consistent control of your movements -
 - Tension caused by repetitive movements are reduced, adding accuracy and consistency to your whole game, which can take your game to the next level.
5. Improved core stability, joint mobility, and body flexibility.