



# All About that Swing

## PHYSICAL FITNESS IMPROVES YOU AND YOUR GAME

Professional golfers don't just practice golf, and then happen to work out. They take care of their bodies with a myriad of routines that can include stretching and static exercises; cardio and muscle work as well as massages, chiropractic adjustments and even yoga and acupuncture.

Case in point: in addition to hours of tennis practice, Serena Williams is known to then do an hour or two of cardio and strengthening in the gym, running (uphill), Bikram (hot) yoga and Pilates (core strengthening and alignment).

Williams has also suffered various injuries through the years, including her knee (2015) and her right shoulder (2016). Those injuries forced her to withdraw from tournament play-

ing to rest and rehabilitate her body.

But it's not just the pro golfers who need to practice fitness, strength training and rehabilitation if injured. All golfers need, and would benefit from, some of these modalities. Locally, there are a number of excellent avenues to improving your golf game through attention to the physical fitness of your body and more.

### The Body Swing Connection

Our area is fortunate to have a number of golf and fitness experts who hold certifications from the Titleist Performance Institute (TPI). TPI is dedicated to the study of how the human body functions in relation to the golf swing. Evidence of its effectiveness is that out

# ALL ABOUT THAT SWING



THE MEADOWS' FITNESS DIRECTOR, CRYSTAL ROMEO, BELIEVES IN INDIVIDUALIZED FITNESS FOR GOLF PROGRAMS.

of the 12 Ryder Cup players last year for Team USA, all 12 had a TPI certified member that they worked with during the year.

Crystal Romeo, Fitness Director at The Meadows Country Club ([meadowsc.org](http://meadowsc.org)) has expertise as a golf pro, a class A LPGA teaching pro and a certified personal trainer. She also has a Level 2 TPI certification and, as such, is uniquely poised to improve the fitness and golf game of her clients.

Her teaching style is to develop individualized programs for each person she trains. "When someone comes to me as a golfer, I do a physical evaluation and from that 'screen' I determine areas of need. I evaluate whether it is a functional issue, a foundational issue or a skill issue. Is the problem in coordination? Is it a tight muscle? Is it a lack of comprehension of what the body is supposed to be doing?

Romeo explains that the screen, which is part of the TPI protocol, involves an assessment of swing mechanics and biomechanics, physical fitness, movement quality, current health and a client history. Once this screen is finished, the results are used to create a plan solely for that golfer that may include any or all of the following: fitness training, physical

## 4 Skills to Improve Your Game

If you don't have the time or patience to take a multi-pronged approach to improving your overall fitness and golf game, here are four fitness focus points experts identified to boost your game:

**1 Posture.** Muscle symmetry of strength and flexibility, along with cross training of various movements will help with posture.

**2 Balance** is promoted in various forms of terrain changes, speed alterations, and vestibular system training with head and eye movement patterns.

**3 Joint Mobility** can be improved with foam rollers, belts, soft tissue mobilization devices, and self application taught by an expert.

**4 Power** is progressed with closed kinetic chain movements (body weight on the ground) vs. machine or open air limb movements. Devices used for improving power are body weight, medicine balls, kettle bells, elastic bands, and free weights.

- SOURCE: ADAM CECIL, FUNCTIONAL PERFORMANCE

# ALL ABOUT THAT SWING



ABOVE: THE MEADOW'S CRYSTAL ROMEO IS A CLASS A LPGA TEACHING PRO, A CERTIFIED PERSONAL TRAINER AND HAS TITLEIST PERFORMANCE TRAINING. BELOW RIGHT: TRAINING WITH A KETTLEBALL CAN IMPROVE A GOLFER'S POWER.

therapy and treatment, coaching of swing mechanics and biomechanics, nutrition and mental strategy.

"The interesting thing, coming from background of golf instruction, is that in the past I may have said to a client, 'get that elbow tucked in' or 'Mrs. Jones you are swaying or sliding.' But after a TPI screening you may learn that the player's internal rotation is off, so physically they are not capable, they don't have the range of motion to perform that task," Romeo explains.

## Many Skills, One Purpose

Moyez (Moe) Charania's background also provides a good foundation for improving an individual's golf swing through the use of fitness and exercise. Charania has a bachelor's degree in physical education with a major in biomechanics. His post-graduate degree is



in occupational therapy and he is Level 1 TPI certified. "My background in rehab provides unique insight in injury prevention and re-



Best Membership Value in SW Florida

27 Holes

Outstanding Golf!

27 holes | par 36 courses

- New greens, designed by Ron Garl, opened October 2016
- Member-owned golf club, OPEN TO THE PUBLIC

Home of GOLIATH

Myakka Pines

GOLF Club

2550 S. River Road  
Englewood, Florida 34223

941-474-1753

Viral Gator

AGARD-541008960

SF-1769571



# ALL ABOUT THAT SWING

turning to golf following an injury or disability," he says.

Charania is one of a team of experts who provide fitness, training and rehabilitation if needed at HealthFit, powered by Sarasota Memorial Hospital. The program he is part of is GolfFIT: A Dynamic Three-Step Approach To Improving Golf Performance.

Of the program's three parts, Charania is one of the experts from the Titleist Performance Institute segment of GolfFIT. In order to take advantage of Titleist's dedication to the study of how the human body functions in relation to the golf swing, GolfFit includes a detailed evaluation to identify any physical limitations and how they can affect your golf game.

The second part of the GolfFIT program is GolfTEC®, which provides a 60-minute swing evaluation session using video, motion measurement and a proprietary database of more than 150 PGA tour players to gain an objective analysis. Performed by PGA teaching professionals, evaluations are meant to identify any major swing flaws and start you on the path to a better golf game.

The third component utilizes HealthFit's medically integrated fitness experts. It provides a personal training session from a HealthFit nationally certified trainer, and a customized exercise program to address the recommendations and findings of the TPI and GolfTEC evaluations.

"There are many components to improving one's golf game," explains Charania. Obvi-

## 3 Common Amateur Limitations

According to Titleist Performance Institute (TPI) some of the most common swing limitations amateur golfers have are:

**1 Loss of Posture** (64.3 percent) - any significant alteration from the body's original set up angles during the golf swing.

**2 Early Extension** (64.3 percent) - when the hips and spine start to go into extension or straighten up too early on the downswing.

**3 Casting/Early Release/Scooping** (55.9 percent) - any premature release of the wrist angles during the downswing and through impact.

- SOURCE: MOE CHARANIA, GOLFFIT AT HEALTHFIT POWERED BY SARASOTA MEMORIAL

ously, if you just want to improve your score nothing will give you more bang for your buck than to go practice chipping and putting. However, many people want to become more consistent ball strikers and gain more distance."

Gaining strength, distance and consistency is where working on golf fitness, through a targeted exercise routine, can be most effective. "As we get older, fitness becomes even more important in a consistent golf game and allowing one to have more longevity in playing the game," he says.

Lifelong golfers probably can't get through

**Join TODAY**  
more than just a Golf Course

We also do Weddings

**Semi Private**  
18 Hole, Par 72, 5 Tee Boxes  
Call for Tee Times **941-474-7475**

**Serving**  
Lunch Mon-Sat 11-3  
Dinner Wed, Thurs, Fri 5-9

**BOCA ROYALE**  
GOLF & COUNTRY CLUB  
1601 Englewood Rd, Englewood, FL 34223  
941-475-6464 • [www.bocaroyale.com](http://www.bocaroyale.com)

TRIPADVISOR CERTIFICATE OF EXCELLENCE

GOLF  
TENNIS  
FITNESS  
EVENTS

Golf Our **NEW** Champion Greens!

# ALL ABOUT THAT SWING



*CLOCKWISE FROM TOP: ADAM CECIL OF FUNCTIONAL PERFORMANCE HAS A DOCTOR IN PHYSICAL THERAPY (DPT), IS A CERTIFIED ATHLETIC TRAINER (ATC) AND IS TPI CERTIFIED; ADAM CECIL WORKS WITH GOLF CLIENTS TO IMPROVE POSTURE, BALANCE, JOINT MOBILITY, POWER AND STRENGTH.*

the years without having to do rehab or repair from time to time, whether they suffer from back, knee, hip or other issues. GolfFIT has the experts on hand for this. "Our program has the benefit of using a certified trainer and a rehabilitation specialist who are also very much golf enthusiasts and have a good working knowledge of the golf swing," says Charania.

Those experts' backgrounds, like Charania's rehab skills, can address physical limitations one may have from a back or knee injury or a possible return to golf from some sort of disability.



## Function and Performance Comes to You

Adam Cecil has a Doctor in Physical Therapy (DPT), is a certified athletic trainer (ATC) and is also TPI certified. His company, Functional Performance ([functionalperformancefl.com](http://functionalperformancefl.com)) is a mobile physical therapy and performance company.

"The difference between functional performance and other physical therapy or golf clinics is that the mobile advantage allows us to come to you. This means I can meet a client at his or her house, driving range, gym, putting



# ALL ABOUT THAT SWING

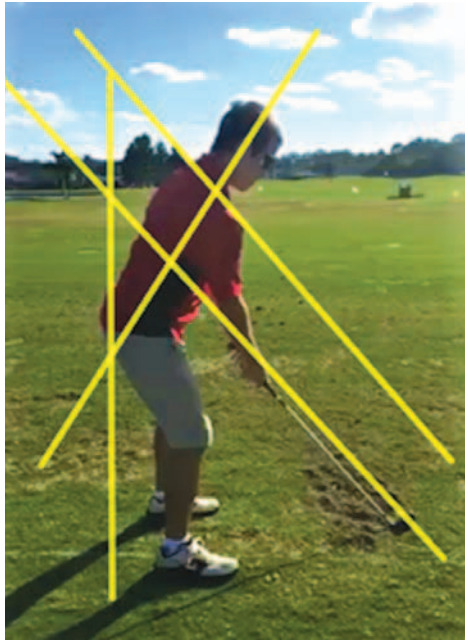
green or clubhouse," says Cecil.

Cecil says he uses the Titleist screen evaluation as an opportunity to not only assess how to improve a client's golf game, but also to how to relieve pain, improve motor skills and much more.

"With the TPI assessment, we look at 16 body movement characteristics that can be harmful to your golf game and physical well-being in the sport. With this information at hand we can correlate why you may be having swing mechanics problems and we can work on pain relief, balance control, power production, injury prevention, strength, and flexibility improvement," he explains.

## Golf Through Your Ages

This multi-versed approach to developing one's golf game are especially vital as we grows older. "Golf fitness can be an excellent tool to help an individual gain strength, flexibility, balance etc.," adds GolfFIT's Charania.



TITLEIST PERFORMANCE INST.-TRAINED INSTRUCTORS CAN PERFORM GOLF SWING EVALUATIONS AND MORE.

"These are valuable traits not just for golf participation, but for everyday life skills."

## EDWIN WATTS GOLF

SERVING GOLFERS SINCE 1968



### 90-DAY 100% SATISFACTION GUARANTEE

If you are not completely satisfied with your purchase, return it to us within 90 days of purchase, and you will receive 100% store credit towards your next purchase. **Buy with confidence!**

### Golf's Most Trusted Retailer

- Best Selection of Golf Equipment, Apparel & Shoes
- Quality Personal Service
- Club Repair Specialists
- State-of-the-art Simulators, Hitting Bays & Monitors
- World-Wide Delivery
- Performance Fitting Specialists
- Trade-Ins Welcome

BRING THIS AD IN FOR

**\$10<sup>00</sup> OFF\***

**A PURCHASE OF \$30 OR MORE**

\*Valid at Edwin Watts Golf of Sarasota location only. Due to manufacturer restrictions, offers exclude select items from Ping, Scotty Cameron, Titleist, Cobra, Callaway, TaylorMade, Ecco, Nike, Mizuno and Oakley. Cannot be combined with any other offer/coupon. Additional restrictions may apply. See store for details. Offer expires 10/30/2017

**SARASOTA • 5247 South Tamiami Trail • 941.922.1006**

Mon-Fri 10-6 • Sat 10-6 • Sun 11-4 • [edwinwattsgolf.com](http://edwinwattsgolf.com) 24/7

SF-1770364