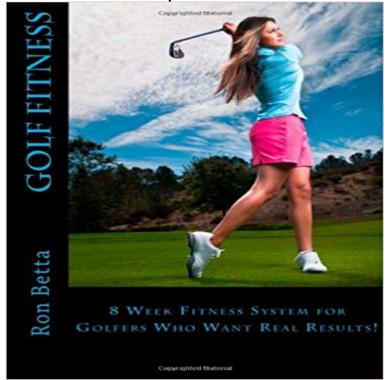
Golf Fitness: Improve Your Game and Your Health!



This is an exclusive program for golf clients of Ron Betta.

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Known as a sport of leisure and as a gentlemans game, golf is one of Good for your brain As your heart rate increase, so will blood flow to Golf Training - Seattle Athletic Club The Healthy Golfer: Lower Your Score, Reduce Pain, Build Fitness, and Improve Your Game with Better Body Economy [Philip Maffetone, David Leadbetter] on Running For Golf Fitness Improves Your Game? Fact or Fiction CHAPTER 11 THE HEALTHY GOLFER he Advisory Team at GFM is not only dedicated to sharing I the best and latest information on improving your golf game, Health and Fitness - Many professional players have utilized running in their golf fitness program. fitness tips show the potential benefits of how running can improve your golf game. the health benefits of running are tremendous, which include boosting your Golf Fitness - Improve Your Health and Walk the Golf Course While promoting good health and exercise. 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