



PLAY GOLF IN PERFECT HEALTH: Doctors reveal the secret

Fabrizio BETTINELLI, Stefania BIANCHI

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Do you want to improve your posture while addressing the ball?

Is your X-factor affecting your swing?

Is your handicap increasing despite an increase in your training?

Do you arrive at the 18th hole sore and tired instead of invigorated and energized?

The solution to these questions and more can now be found in this book.

This book is the result of the authors' wish to help the readers practice and live this fantastic sport in complete health and harmony by concentrating on all the too often undervalued aspects that stop the golfer from reaching his full potential.

The result of this highly analytical work is more than 200 pages in which Fabrizio Bettinelli and Stefania Bianchi have come together to reveal the secret of the winning swing, in a synthesis of physical well-being and mental stability.

Too often the golfer concentrates his attention and effort almost completely on training. The golfer thinks that this will allow him to improve the flow and effectiveness of the swing and will correct the technical faults that have negatively influenced his results.

The fact is that golf, like most sports, is an activity that requires proper equilibrium of that splendid and perfect machine that is the human body.

"Play golf in perfect health" explains to the reader that it is possible to play golf without suffering from the typical physical disorders such as back pain, shoulder pain or golfer's elbow that can ruin such a beautiful game.

Through a deep analysis that springs from medical-scientific observations and studies of various specialists in nutrition, psychology, biology, surgery, technology and prevention, it proposes various solutions.

"Place yourself at the center of your own swing to get to know yourself" is the invitation that Dr. Bettinelli recommends to golfers, so that they can become aware of the potential of their swing.

The medical and scientific experience of the authors and their passion for golf provide an essential tool to allow athletes of all ages to become champions of their own well-being!

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