

## Picture Perfect Posture

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Physical Therapists with Body Balance for Performance  
The Complete Golf, Health and Fitness Training Program

One of the best effects of good posture is how it can immediately improve your golf game.

**W**e all should have listened to our mothers more after all, especially where posture is concerned. Not only does good posture make you look better, but it physically improves your circulation, digestion, lung capacity, and many arthritic conditions. One of the best effects of good posture is how it can immediately improve your golf game.

Keeping your body in its best postural alignment during your swing will help to lengthen your spine, open your chest, strengthen your shoulders and hips, increase your trunk rotation, and help stabilize your low back and pelvis by activating your lower abdominal muscles. Add all of this together and you get a much more powerful and consistent golf swing with a significant decrease risk of injury. A great combination!

This includes beginners to elite Tour players. Look at today's top players and you will notice a significant change in their postures as compared to the older Tour players. Much more care is taken to

ensure a long and healthy career. Improving your overall postural stability is one of the best ways to do this.

LPGA Tour Pro Nicole Jeray has some great things to say about how changing her posture has improved her game:

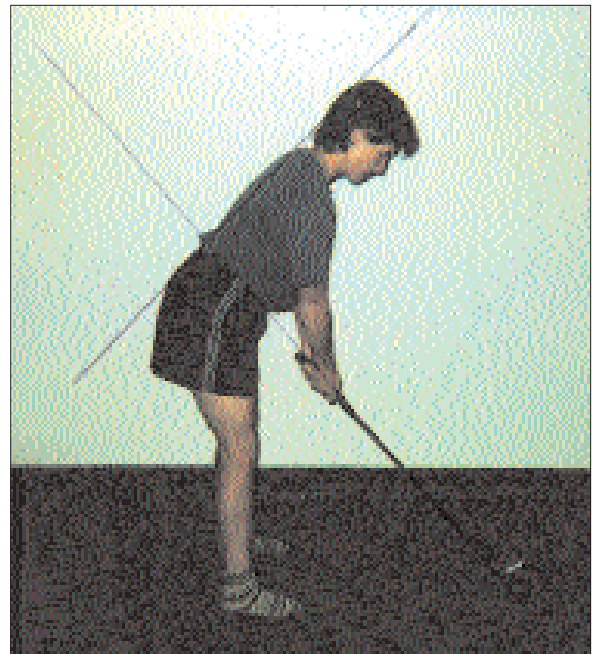
"In December 2001 I was fortunate to have played with an amateur who experienced tremendous improvements in his game and overall physique after partaking in the Body Balance (for Performance) program.

For my entire golfing life, I have struggled with maintaining my spine angle at the top of my swing and follow through. My posture was unstable and I hit many weak, thin shots. After two weeks of working with the professionals at Body Balance and doing the exercises prescribed for me, my golf swing spine angle and posture improved dramatically. Suddenly it is easier to take a divot and my thin shots became uncommon.

Yes, I have always received compliments on my



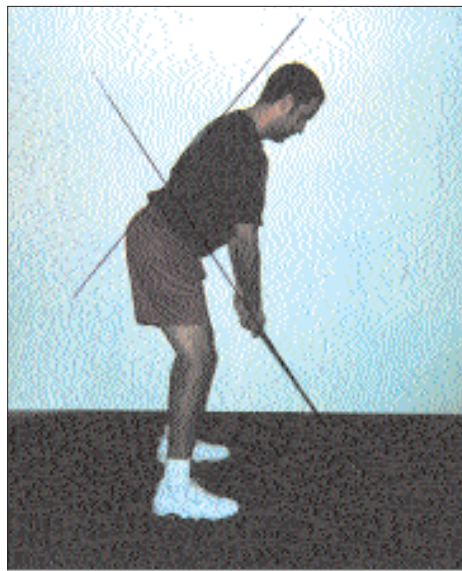
LPGA Tour Pro Nicole Jeray before treatment.



LPGA Tour Pro Nicole Jeray after treatment.



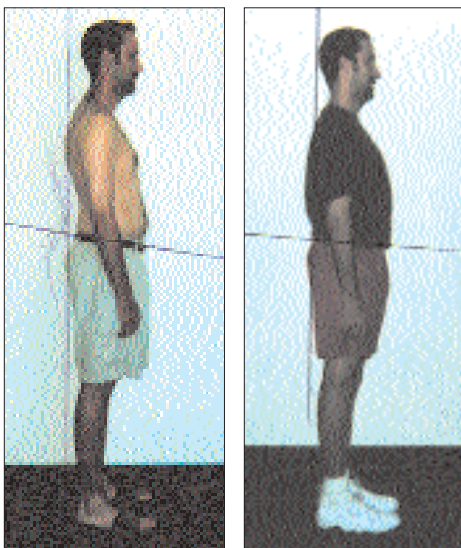
Male amateur golfer before treatment.



Male amateur golfer after treatment.

golf swing, but never about my posture and spine angle. Two weeks ago, a perfect stranger working at a golf store was in awe of how perfect my spine angle, set up, and posture was. This put a big smile on my face.

Not only has Body Balance helped my golf game; my overall posture has improved. My round shoulders are disappearing as you read this, my physique is more equalized, and I am preventing the back and neck problems that most golfers suffer from.



Male amateur golfer before and after treatment.

It has been 10 months since I started working with Body Balance. I can see the results. I can feel the results. My golf

scores and before and after pictures are concrete evidence. The obvious progress I have made makes me very eager to let people know the advantages of such a great program.”

See Nicole’s before and after pictures, as well as, one of our amateur client’s dramatic improvement in his overall and address postures. Stay tall and have a great season!

If you would like more information about the “Body Balance for Performance” golf health and fitness training program, please call 312-214-9079, visit our website at [www.bodybalance-golf.com](http://www.bodybalance-golf.com), or Email us at [bvoyles@sprynet.com](mailto:bvoyles@sprynet.com). We have three Chicagoland centers dedicated to customizing golf-specific programs to help each golfer improve their bodies and their games. 

## 10 Reasons You Should Plant Trees ... Now!

- 1** Trees conserve energy in the summer, and save you money.
- 2** Trees help clean the air.
- 3** Trees bring songbirds close by.
- 4** Trees around your home can increase its value by up to 15% or more.
- 5** Trees help clean our rivers and streams.
- 6** Trees conserve energy in the winter.
- 7** Trees fight global warming.
- 8** Trees make your home, and your neighborhood, more beautiful.
- 9** Tree planting is fun!
- 10** It's easy! Here's how: Join the nonprofit Arbor Day Foundation and we'll send you 10 trees ... FREE ... with easy-to-follow planting instructions.

**W**hen you join you'll receive 10 flowering trees—2 Flowering Dogwoods, 2 Flowering Crabapples, 2 Goldenrain trees, 2 Washington Hawthorns, and 2 American Redbuds, or other trees selected for your area. You'll also receive the Foundation's colorful bimonthly, *Arbor Day*, a membership card, and *The Tree Book* with



tree planting and care information. Your six to twelve inch trees are guaranteed to grow or they'll be replaced free of charge. Trees are shipped when conditions are right for planting in your area, February through May in the spring or October through mid-December in the fall.

To receive your free trees, send a \$10 membership contribution to 10 Flowering Trees, The National Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, or join online at [arborday.org](http://arborday.org).

Join now, and plant your Trees for America!

 **The National Arbor Day Foundation®**  
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