

FOR MEN AND WOMEN WHO WANT TO HIT THE BALL FARTHER



FIT TO A TEE

The Ultimate Endurance,
Strength & Flexibility
System for Golfers
of Every Ability

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**FOREWORD BY PGA LEGEND
GARY PLAYER**



FIT TO A TEE

Foreword

I have always been a tremendous advocate of fitness for everyone whether you play golf, are thinking of playing golf or have other interests. Golfers of all levels for the most part don't realize how vital it is to possess a fit, flexible and toned body and how this translates to your golf swing, balance, mental focus and every other facet of your golf game.

The other benefit we all receive from engaging in a regular fitness regimen is the protection of our back, hips and legs which is where most of the stress goes to on our bodies when we play golf. And, even if you are a weekend warrior or recreational golfer, because you don't get out that often for a round, to thoroughly enjoy golf, you should condition your body so that it carries over to not just golf, but every other aspect of your active lifestyle.

Being fit has not only allowed me the ability to become better at golf, equally important, it has allowed me to remain mentally and physically focused throughout my entire career, even if I have a bad hole because I can bounce back quickly due to my physical condition and confidence that is needed to play golf professionally. It has also the number one reason why I've been able to play golf at a high level for so many years without sustaining any major injuries due to the particular physical demands that golf requires. As an added bonus, being fit has also allowed me to overcome and deal with

my torrid travel schedule while flying around the world as an international ambassador of golf.

I met Edward at a Champions Tour pro-am tournament and was impressed with his passion for helping people - especially his work with children and those individuals who suffer from diabetes and his commitment to fitness for golfers as well as the general public. The fitness regimens Edward has designed are simple to follow, don't require a lot of fancy fitness equipment, are effective and most importantly, safe and easy-to-follow for all levels of fitness.

So, if you want to improve your golf game, hit the ball farther and extend your golf years productively, please take the time to educate yourself with Fit to a Tee.

GARY PLAYER

Grand Slam Golfer