

# STICK THE LANDING

In the May issue, Golf Digest fitness adviser Ben Shear unveiled an Eccentric Training programme for golfers that emphasises the often-ignored second half of an exercise, such as the lowering of the weight in a bench press.

Here's one more to try:



1

Lace your hands behind your head, and get into a squat position.



2

Leap straight up, as high as you can in an explosive movement.



3

Land as softly and smoothly as possible. Think of how gymnasts stick their landings at the end of a routine. That's what you should focus on.

# DISKEY

## MOVE IT TO THE TOP OF YOUR VITAMIN LIST

Natural Vitamin D is difficult to get during the winter because the sun's UV rays can't sufficiently penetrate the atmosphere.

But come summer, there's no excuse. Ten to 20 minutes of sun exposure directly on the skin—without the use of sunscreen—is the key to getting an adequate amount of the wonder vitamin, says Dr. Ara Suppiah, health consultant to several PGA Tour pros.

Vitamin-D deficiency has been linked to everything from depression to heart disease.

It also contributes to aging issues such as diabetes and bone diseases.

"Even the pros don't get enough," Suppiah says. "It's the No. 1 abnormal blood test on Tour."

Suppiah suggests getting tested at your next physical.

If you're deficient, take supplements—especially in the winter—but also expose your skin to the sun for short periods.

"Sunscreen is a must for golfers," Suppiah says. "But you can't ignore the importance of sun exposure to your overall health."

**'YOU DON'T NEED TO BE BUILT LIKE A LINEBACKER, BUT YOU NEED TO HAVE STABILITY AND STRENGTH IN CERTAIN AREAS AND, OF COURSE, IF MORE GOLFERS LOOK ATHLETIC, IT PORTRAYS A MUCH BETTER IMAGE FOR THE GAME. THAT ENCOURAGES KIDS TO PICK UP THE SPORT OR A CLUB.'**

— RORY MCILROY, SPEAKING ON THE DAN PATRICK SPORTS TALK SHOW

photos by David Brandon Geeting