



WE'VE GOT YOUR BACK

5 MOVES TO SAVE YOUR SPINE

Even the most technically sound swings cause stress on the spine, but golf doesn't have to sentence you to future back pain. To avoid discomfort, says Golf Digest Fitness Adviser Ben Shear, "strengthen the muscles at the bottom of the spine, and improve flexibility in the mid and upper back." All you need is a stability ball (\$10), and you can put together a back workout with these five moves. — Ron Kaspriske

MID-SECTION MUSCLES STABILISE YOUR BODY AS YOU SWING.



WALK-OUT PRONE PLANK

► Get in a push-up position with the ball resting under your upper thighs. Keeping your spine flat, walk forward with your hands until the ball is under your feet. Return to start and repeat (10 reps). The goal: The core muscles around your mid-section need to be strong to stabilise the body as you swing.



REVERSE PATTERN

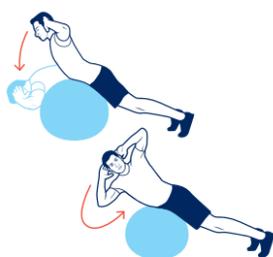
► Lie on the ball so your back and spine flex towards the ground with your arms extended up. Lean back and extend your arms as far as you can. Hold the position for five seconds, return to start and repeat (10 reps). The goal: Negate the effects that prolonged sitting can have on the anterior trunk muscles. This exercise strengthens the muscles, allowing you to swing on plane.



SIDE STRETCH AND CRUNCH

► Lie on your side on the ball and flex towards the ground, extending your top arm over your head as far as you can. Hold for five seconds and then put that hand behind your head and contract that side into a crunch (10 reps, each side). The goal: The muscles on the side of your trunk (obliques) improve lateral and rotational movement of your upper body, reducing stress on the lower back.

Illustrations by Todd Detwiler



BACK EXTENSION

► Lie face down, folded over the ball with your hands behind your head, elbows flared. Rise up until your spine feels straight. Rotate your torso to the left and to the right as far as you can. Return to start and repeat (10 reps). The goal: Strengthen the erector spinae and other low-back muscles that protect the spine from torsion forces.



REACH-THROUGH

► Start on all fours. Reach under and across your body to rest the back of your hand on the ball. Push the ball away from you as you rotate your trunk and head in that direction. Return to start and repeat (10 reps, each direction). The goal: Improve mid- and upper-back rotational mobility to lessen stress on the lumbar vertebrae.

There are more to golf balls than meets the eye

Golf is one of the world's top ten most popular sports played today. Here are some fun facts about the sport that may surprise you.

- 1 FASTER WHEN IT'S HOTTER**
 Golf balls travel significantly further in hot weather. The warmer the golf ball is, the more elasticity it has, which causes the ball to leave the club with greater velocity and spin. This is similar to the muscles on the human body, which are more flexible and responsive when the temperature is warm than when it is cold.
- 2 GAINING SPIN WITH DIMPLES**
 Golf balls were originally smooth, but golfers realised that the golf ball flew further as it gained dents and nicks. However, not all golf balls have the same number of dimples today. They have anywhere from 330 to 500 dimples depending on which company designs the ball. The ideal ball will usually have between 380 to 432 dimples.
- 3 FIRST WOOD, THEN FEATHERS**
 Some of the first golf balls were made entirely of hardwood during the 14th century and remained in use until the 17th century. These would only last for a few games before being replaced. An alternative type of golf ball, known as a feathery (a leather pouch filled with chicken or goose feathers), also appeared during this era. Due to the extensive labour and materials required, a single feathery ball would often cost the modern-day equivalent of \$10 – \$20 dollars.

BONUS – DID YOU KNOW?

Staying hydrated during a round of golf helps you stay focused and on top of your game. With UFC's Refresh Coconut Water harvested from "the coconut belt" in Thailand, where the world's most delicious coconuts are grown – there is no better way to stay refreshed.

The only coconut water brand awarded with 2 Golden Stars at The International Taste & Quality Institute (ITQi) from Belgium, UFC also has two other exciting variants available, including the UFC Refresh Coconut Water with Watermelon, and UFC Refresh Coconut Water with Matcha Green Tea. These perfect blends are loaded with goodness, there is no wonder UFC Refresh is the No. 1 brand in Singapore.

Sources:
<http://www.northlakesgolfclub.com.au/blog/fun-facts-about-golf-you-probably-didnt-know>
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The Natural Hydration for you