

How To Be The Best Golf Player With Good Golf Fitness

By [Marcus Boo](#)

Golf, like all other games, requires a well-rounded approach to achieving success at the level you desire. Being a good golf player goes far beyond having an ideal score of below 80. Although skill plays a major part, good golf fitness is the key to winning golf games with ease.

To be a good golf player, you have to get down past the three areas of:

- Golf Fitness,
- Golf Practice,
- Etiquette.

1. Golf Fitness Keeping your body and mind in excellent shape is a key element to becoming a good, if not great, golf player. Looking after your body and making sure it is in shape not only gets you to perform better on the course, it also ensures you that you can enjoy golf even well into your years.

Achieve the desired golf fitness body by eating right and exercising regularly. Maintain cardiovascular fitness and muscle tone that suits the game of golf. Some indicators of physical fitness are your blood pressure and your BMI (body mass index). Consult with your doctor on what levels are right for your age and body type.

On the other hand, mental fitness is also just as important. Find ways to relieve yourself of stress. Develop a regular meditation time alone or with family/friends. Keep your mind sharp by exercising it with reading or with puzzles like crosswords.

2. Golf Practice All professional golfers have a regular and consistent practice routine. Many amateur golf players find themselves wanting to play more and practice less when it is the opposite that gets better results as far as scores go. By practicing more, you develop techniques and muscle memory that will carry you well into your game.

An ideal play to practice ratio is 1:2, that is, for every hour of golf you play, you should do 2 hours of practice. This may not be done all in the same day. It is advised to alternate practice and play days so as not to work out too much.

Never stop learning more about the game. Knowing how to play does not mean you cannot learn more and be better. Remember that there is always something new you can learn so either enroll in a class or take up a lesson or two with a more advanced player. This can be done on an annual basis. Constantly wanting to improve your golf skills shows your dedication to becoming a better player than you were the year before.

3. Etiquette Being a great player on the course and on the practice field is nothing if you are not a good person to play with. Rudeness is never condoned in sports and certainly not in golf. Golf is a gentleman's game and rules pertaining to respecting others are of utmost importance.

Easily get in shape for Golf in less than 30 days, improve your Golf Game dramatically with the Best Guide on Golf Fitness, visit: [Ultimate Golf Fitness Guide](#) Lengthen your Drive and Cut your Handicap by 7-12 Strokes in just 2 Weeks with the Best Golf Swing Guide, visit: [Golf Swing Guru](#)

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