



Play Golf Forever: A physiotherapist's guide to golf fitness and health for the over 50s

Suzanne Clark

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Play Golf Forever: A physiotherapist's guide to golf fitness and health for the over 50s Suzanne Clark
Play Golf Forever is a practical guide to slowing down the gradual decline in your body as you get older. Suzanne Clark has 30 years' experience as a physiotherapist and is a keen, all-round sports player. She explains in layman's terms how your body works when you play golf and what you can do to make it healthier and fitter to enable you to play for longer. She describes how to strengthen key muscles as part of the everyday tasks you already do, how to prevent injury and what to do if you are injured. This book is for all the over 50s who want to keep playing golf.

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