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Golf Fitness in a Gulp by Travis Belfon

Article published on April 21st 2012 | Sports

Physical fitness is absolutely necessary in order to stand out in any sport. Because of this, athletes constantly hit the gym and closely monitor their food intake. However, fitness takes on a different definition in the world of golf as fitness differs from that of more conventional sports. More than just a physical game, golf requires strategy and mental alertness throughout a session. Golf fitness means fusing physical and mental preparedness into one.

When golf aficionados work on their golf performance, they almost always need to put emphasis on fitness. This means properly warming up before a game, having sufficient rest, eating just enough before tee time, and remaining hydrated throughout the course. One easy way to improve golf performance is by making sure you refrain from ingesting any caffeinated beverages before a game and while on the greens. Caffeine can make you jittery and this can greatly affect your swing. But what is an easy way to stay hydrated and alert without going near caffeine?

Try the new drink from GolferAID, a sports drink formulated especially for the game of golf. GolferAID contains 2691 mg of natural vitamins and supplements in one drink, all designed to improve your golf performance, while providing up to 35 times more nutritional supplements than competing sports drinks. These ingredients include epimedium, an active ingredient extensively used in Chinese medicine to promote strength, and Siberian ginseng, which increases endurance. These ingredients help you maintain your drive up to the 18th hole and beyond.

GolferAID also has glucosamine, MSM and turmeric to aid joint lubrication and flexibility for that perfect golf swing. It also includes bilberry and the vitamins A, C, and E for balance and greater shot accuracy. B complex ensures that you have a steady hand when you make that first swing. Besides helping with physical aspects of the game, the drink contains CoQ10 and gotu kola for increased mental focus and concentration. Grab a GolferAID now and see what a difference it can make in your game performance.

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Travis Belfon - About Author:
GolferAID is such a popular a golf fitness drink that it has no negative side effects. Customers can order this golf drink online to enhance their a golf performance at www.golferaid.com.

Article Keywords:
golf fitness, golf performance

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