

# THE HEALTHY GOLFER LOWER YOUR SCORE REDUCE PAIN BUILD FITNESS AND IMPROVE YOUR GAME WITH BETTER BODY ECONOMY%0A

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The goal of The Healthy Golfer is to provide you with information that will help engage all of your senses on the course so you can enjoy the game as much as possible for your entire life. Starting with your feet and concluding with a discussion of brain function, you will learn not only how to play better physically, but to excel at the game from a mental standpoint.

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