



Landman & Associates, Inc.



## POWER YOUR GOLF GAME WITH GOOD NUTRITION



### Nutrition tips to improve your golf performance on and off the course.

If you're a golfer like I am, here on some quick tips to keep your muscles fueled and swing strong for the full 18 holes...just remember to keep your head down, and FOLLOW THROUGH!

- 1) **FLUID NEEDS:** Hydrate your body well for optimal muscle performance. Divide your weight by 2. That is the amount of fluid ounces you need to be drinking throughout the day.
- 2) **REDUCE CALORIC BEVERAGES:** All fruit juices, soda, fruit punches, milk shakes spike blood glucose, add weight more quickly, and trigger inflammatory responses in your body, leaving you more vulnerable to muscle pulls and longer recovery times. Keep fluids to no calories for the most part.
- 3) **EAT REGULAR MEALS AND SNACKS.** Eat 5 smaller meals rather than one or two large ones daily. Your blood glucose levels will be more even enabling muscles to receive a better distribution of fuel lasting throughout the day.
- 4) **SNACK INGREDIENTS:** Fruits, nuts (1/8-1/4 cup), light yogurts, dried fruit and nut bars are great take along snacks on the course. Eat them in

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#### DETOX PROGRAMS

##### DETOX WILL HELP YOU IMPROVE YOUR HEALTH

We offer many types of Detox programs to help improve your health. Many include both diet and supplements. Detox programs can take anywhere from 3 weeks to 9 months or more depending on what is desired to accomplish.

**Gluten Free Diets-** Who needs them and how to make them healthy and delicious. Products and recipes discussed.

between your meals.

**5) VEGGIES WITH LUNCH AND DINNER:**

Vegetables and fruits provide important vitamins, minerals, fibers, and anti-inflammatory phytonutrients. They have a high water content to keep you hydrated and detoxify your body. Add vegetable soups, side dishes of veggies, and salads to both meals.

**6) DAIRY OR NO DAIRY:**

If dairy is a problem, switch to soymilk or almond milk. They are both fortified with calcium and other minerals and vitamins.

Look for the low sugar versions. If you tolerate dairy products, organic versions are best because they do not have added chemicals, pesticides or hormones that are in non-organic products.

**7) FUEL WITH HEALTHIER PROTEINS:**

Fish and beans are your best most protective forms of protein. Research has shown that more than 16 ounces of beef weekly contributes to many forms of cancers. Your best bets; salmon, trout, mackeral, snapper- they are more cardio protective due to less saturated fat and richer in omega three fatty acids.

Avoid eating canned tuna due to high mercury content more than 2x per week. Canned or fresh salmon, oysters, sardines are much better choices.

**8) EAT WHOLE GRAINS AND OTHER HEALTHY STARCHES.**

These foods truly fuel your muscles. If you play golf at least 3 times a week or more, your muscles need to be re-fueled with long acting carbohydrates such as whole grains, whole grain pasta, beans, butternut or acorn squash, sweet or regular potatoes, beets and carrots. The extra B-vitamins, iron, magnesium, fiber, antioxidants will go a long way to improve cell protection and keep your muscles fueled. The yellow-orange squashes, carrots, and sweet potatoes are very rich in a plant form of vitamin A called carotenoids. Carotenoids provide greater protection for the eyes and have shown to delay/reduce the formation of glaucoma in later years.

**9) VITAMIN & MINERAL SUPPLEMENTATION:**

You may need vitamin supplements along with a healthier diet.

You can be tested for some of them by your doctor. Vitamin D- test is called: OH 25-Vit D3. If your Vitamin D3 levels are low, your doctor will tell you how much to supplement daily. You may also need extra calcium, antioxidants, glucosamine

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chondroitin and hyaluronic acid for joint support and good antioxidant protection. Online and in our office we carry a full line of excellent pharmaceutical grade supplements for your convenience.

Now go practice your chipping and putting to lower your score by 2-5 strokes per round!!

HAPPY NEW YEAR and See you on the Links!

Alix

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