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A Better Golf Swing in a Refreshing Beverage by [Travis Belfon](#)

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In our constant quest to play the perfect round of golf, we incessantly and fervently look for ways to improve golf swing. After all, the golf swing is what determines our game in large part. If we work to improve our swing, then our performance on the course will also become better.

When looking to improve golf swing, it is important that we take our time with each shot. Think out each swing and do not rush things. Study the natural factors that surround the shot, such as the wind direction, as these have a bearing on the direction and the distance the ball can travel.

It is also vital that we come to understand the anatomy of a swing so we can determine the various sources of power for a shot. In addition, we can see how we can use each source effectively and efficiently. In essence, the power of the swing starts at the wrist. How we pivot our wrist affects the intensity and direction of the shot.

Next is the upper body, especially the shoulders. The shoulders must be relaxed when turning during the swing so that the movement will be smooth. The lower body must also be rotated properly and there must be proper weight shifting from one leg to another every step of the way of the golf swing. To make sure that all these power sources can be tapped to their maximum potential, one can try our new sports drink designed for the rigors and demands of the game of golf. GolferAID, an innovative drink, provides your body up to 35 times more supplements. It contains active ingredients that can aid your joints and muscles so you can make that perfect swing.

GolferAID contains glucosamine, MSM, and turmeric, supplements that act as lubricants for muscles and joints while helping to reduce inflammation. It also includes epimedium, an ingredient used in eastern medicine that helps promote strength. GolferAID is an all-natural product so you can be sure that you're receiving only nature's best for your body.

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a [Golf swing](#)tips begin with drinking plenty of GolferAID so your body has what it needs, but it doesn't end there. It quells restlessness and anxiety, which helps a golfer to a [improve golf swing](#).

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