



## Getting fit for golf just got easier

By [JEREMY MILLSOP](#)  
Sports Writer

EAST GULL LAKE - Jason Green is not a golf expert, but he can help you shave strokes off your game.

Through a partnership with Chris Foley, owner of Chris Foley Golf Schools and PGA Professional at Madden's Resort in East Gull Lake, Green works with golfers with physical limitations that prevent them from performing a proper golf swing.

Green takes the client through a 15-point screening that the Titleist Performances Institute has created based on their swing data. Then he uses his years of experience in the bio-mechanical field as a personal trainer and CEO of CES Fitness in Minneapolis, and creates an exercise regiment that will help the individual make the proper golf swing.

The short and less technical version is this. Through a series of exercises and stretches, Green can help you perform the necessary movements needed to swing a golf club better.

"So when Chris (Foley) tells you that he wants you to load and rotate back but don't let that knee come in, you know how to do that movement because we've trained the pattern with you, because I've given you a series of exercises that will enhance that movement," said Green. "That gives Chris a cleaner palate in which to make a better golf swing.

"As the athlete it's great because you get two for one. You get the body taken care of and the technical side taken care of. It just works and Titleist is huge on this. It's a team approach."

Green began his career at the University of Minnesota with men's athletics as an undergraduate. He worked in the college of kinesiology, the study of human movement, with an emphasis in sports medicine. He worked as an athletic trainer in the U of M men's program.

Because of that position Green was introduced to numerous disciplines from acupuncture, Tai-chi, chiropractic, massage therapy, physical therapy and yoga. Whatever was needed to get the athletes ready to compete he did.

He's worked with professional teams and professional athletes, but with a family, Green needed to plant his practice in one place. That place being Minneapolis with a family cabin in the lakes area.

Around that time Tiger Woods was showing the golf world what a fit, strong

and flexible body could do to a golf game.

"Tiger Woods revolutionized the entire industry," said Green. "Before Tiger, golf was like a triangle. You had the technical, equipment and practice. Then Tiger came in and golf became a hexagon. It's equipment. It's mental game. It's physical. It's our swing coach and it's practice. He turned golf into a five-faceted game."

Again Green is no golf professional. He doesn't analyze golf swings, but he understands the jargon and has a working relationship with Foley. Combined they can help a person become a better golfer.

"Chris and I have done a great job of forging this relationship where he'll send me a video in Minneapolis and then say, 'Jason, I'm trying to get him to fix this slide.' I'll analyze the video and I'll notice that it looks like the individual is a little stuck. I'll tell Chris I'll be up in two weeks and we'll schedule an appointment. I come in and look at the individual and I find out they twisted their ankle pretty bad a couple of months ago. I'll create exercises to stretch the ankle out and get more strength in it. We've had amazing success with that."

Foley first sought out Green for personal reasons. He had suffered a few injuries himself. He also went into the relationship with an eye toward improving his golf school.

He said while physical fitness on the major tours and college level is really popular, it's still in its infancy stages when it comes to amateurs and weekend golfers. He's hoping this partnership is on the leading edge of helping people become better players.

"When I give a lesson and I can't fix someone I know it's either from a lack of flexibility or balance or there was a prior injury and there's a lack of strength to make the swing change," said Foley. "With that and my own personal quest to get better I was searching for someone who could help me with that."

"It's not only good for your golf game, but it's good for your life in general. If you're stronger and more flexible you're going to have a better quality of life."

JEREMY MILLSOP may be reached at  
jeremy.millsop@brainerddispatch.com or 855-5856.

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