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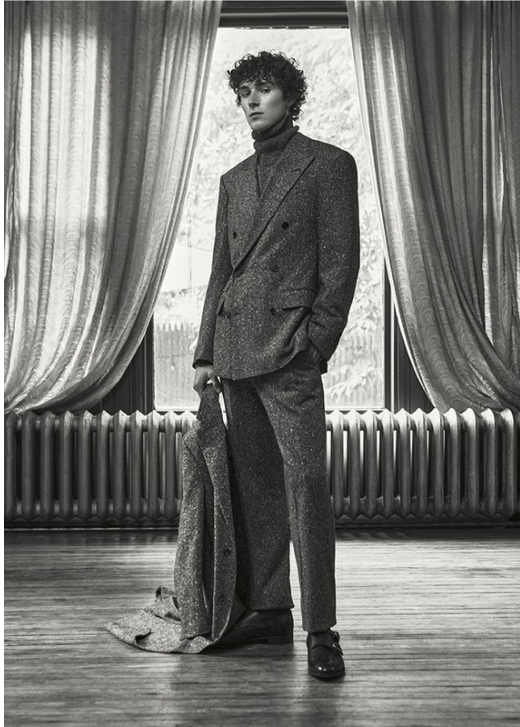
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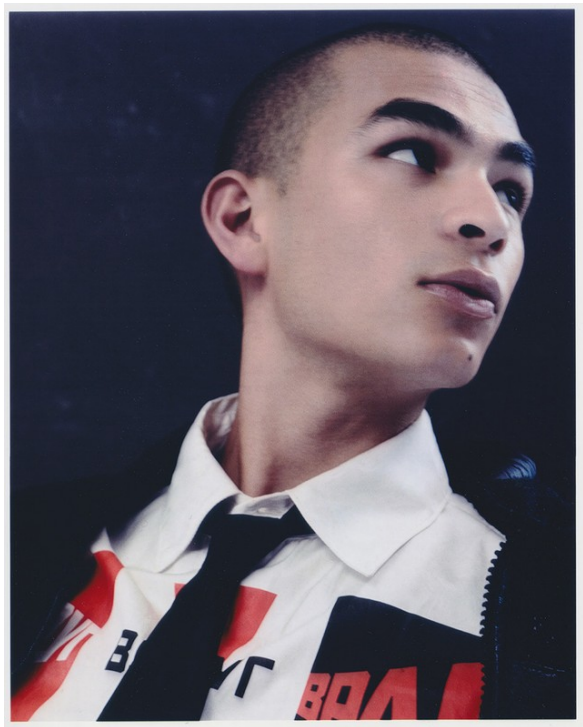
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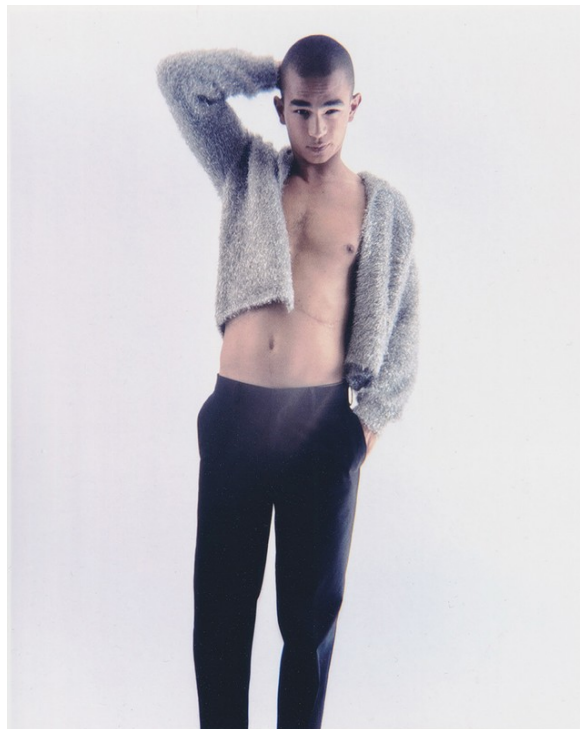
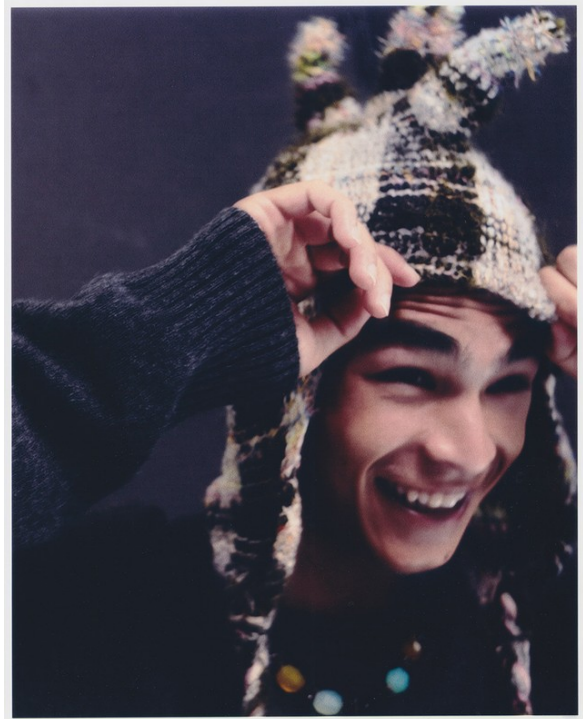
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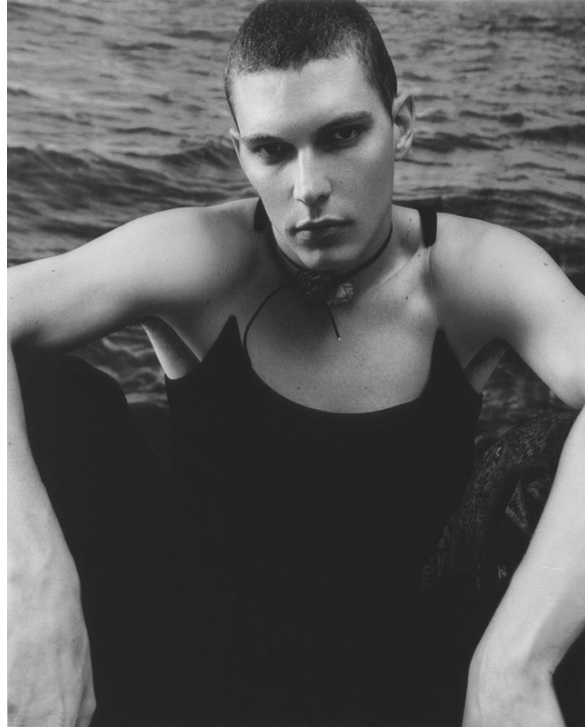
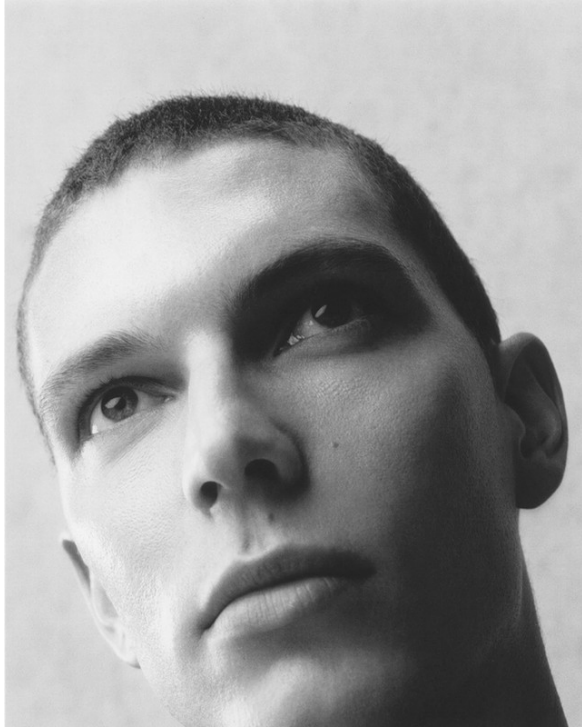
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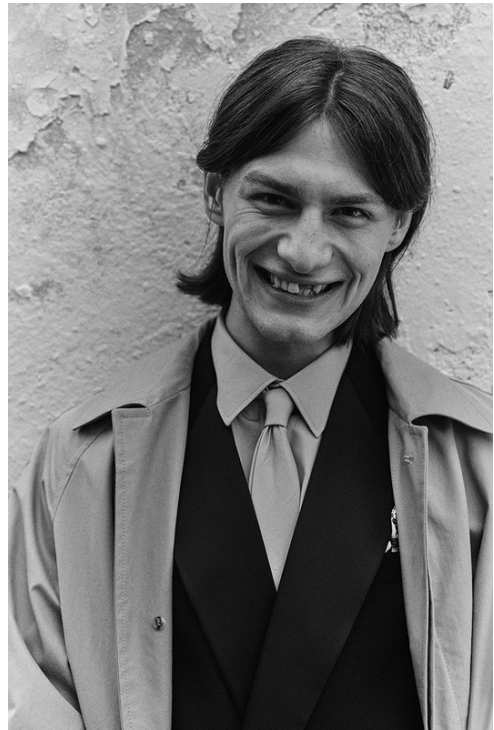
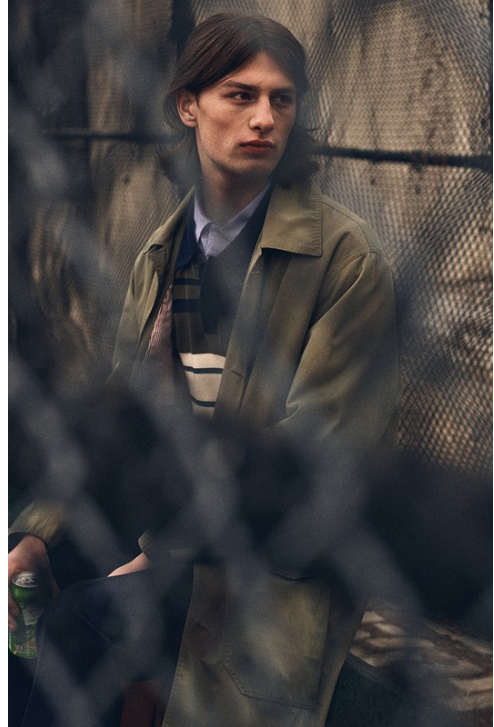
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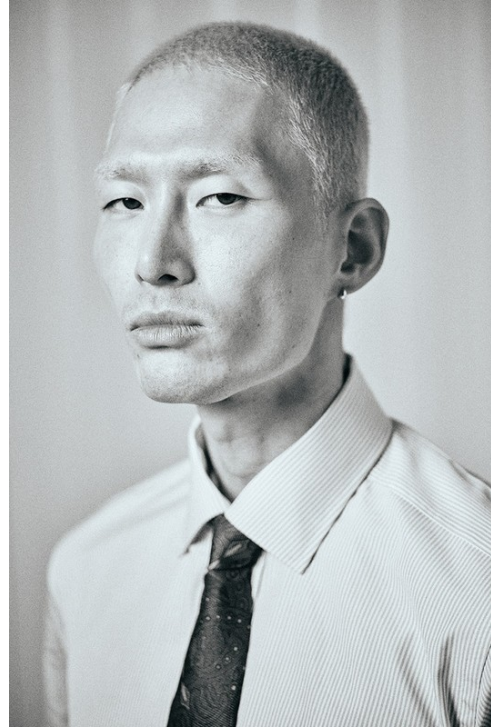
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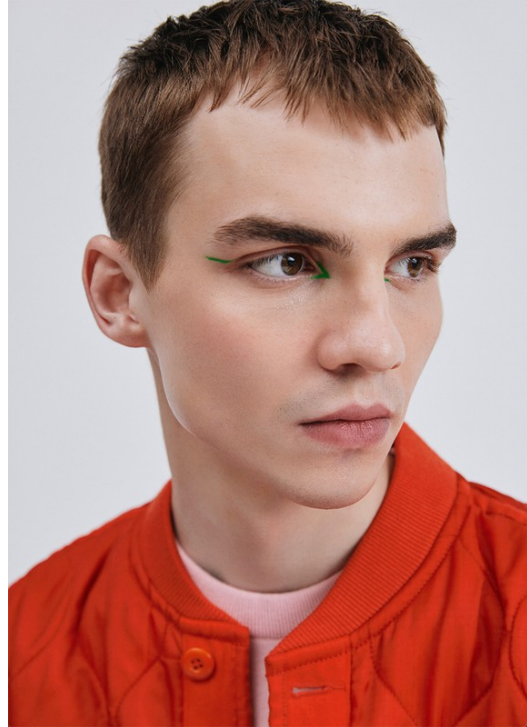
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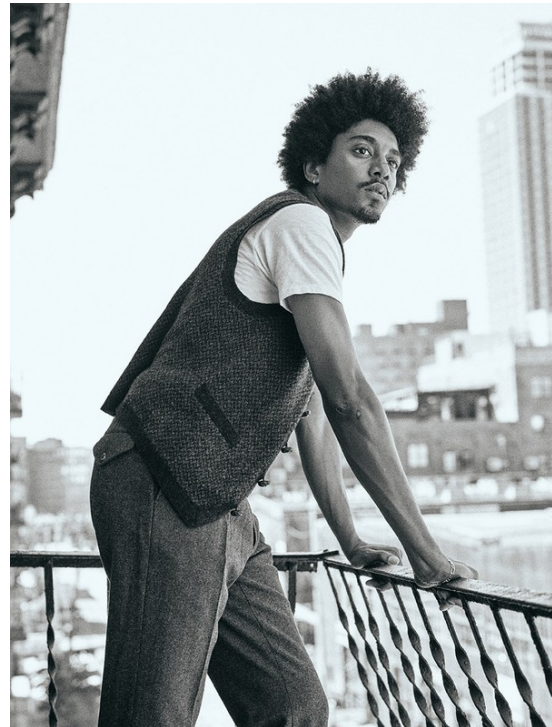
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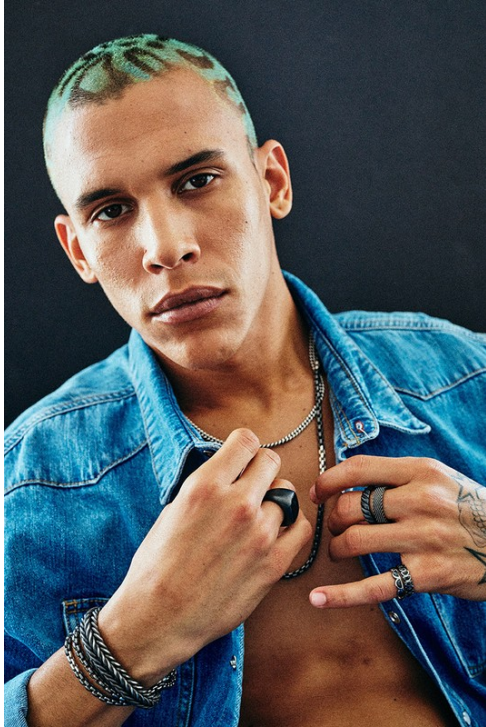
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Style | The Golf Life

The Shady Bunch

Serious sun care doesn't have to be boring. Try these bucket hats for starters

BY BRITTANY ROMANO

WHAT YOU NEED TO KNOW ABOUT SUNSCREEN

Bucket hats offer more sun protection than other caps, shading the face, ears and neck. But UV rays reflect at all angles, so you need effective sunscreen. Apply a shot glass worth of mineral-based sunscreen—like Neutrogena Sheer Zinc Dry-Touch Sunscreen (SPF 50)—every two hours. For a little color, try Bare Republic's Mineral Neen Sunscreen Stick (orange and blue on model, above). If you must use a spray, the Neutrogena Cool Dry Sport Full-Body sunscreen is easy to apply, oil-free and sweat-resistant.

BUCKET HAT: OLIVEROS FROM TOP LEFT; LAUNDRY: HUGO BOSS; HAT: HUGO BOSS; HAT: HUGO BOSS; HAT: HUGO BOSS; HAT: HUGO BOSS; HAT: HUGO BOSS; HAT: HUGO BOSS

PHOTOGRAPHS BY GIOVANNI REDA

AUGUST 2015 | GOLFDIGEST.COM 47

Golf Digest

THINK YOUNG | PLAY HARD

'OWN YOUR SHORT GAME'

BY MICHAEL BREED

US OPEN SHINNECOCK PREVIEW

STRAIGHT-DISTANCE BY JORDAN SPIETH

HOW TO MAKE THE ONES THAT MATTER

3 SHOTS TO SAVE YOUR SCORE

CURE YOUR SLICE WITH A DRAW DRIVER

JUNE 15

The Core | The Golf Life

I didn't happen quickly. Heck, it took decades to permeate. But fitness has become a big part of the conversation about what it takes to improve as a golfer. Players looking to swing better, faster, longer and, they hope, injury-free, have turned to the gym to help achieve their goals. That's why we believe it's time to introduce a new ranking—the 50 Best Golf-Fitness Professionals in America. This list, the first of its kind by a fitness- or golf-media company, was compiled by an expert panel of trainers, chiropractors, physical therapists and doctors who nominated their peers based on their knowledge of the game, their knowledge of exercise physiology and biomechanics, and how they apply both in working with clients. "Imagine choosing any professional simply by walking into the nearest building and saying, 'OK, I'll work with you,'" says Ben Shear, Golf Digest's Fitness Advisor, who first suggested the list. "You probably wouldn't do that with a doctor, financial planner, or even a golf instructor. Yet, every day people go to their nearest gym and sign up for individual training with someone who they haven't asked whether the person is qualified. That's how you end up getting hurt." ...

The 50 Best Golf-Fitness Professionals in America

(and a guide to finding the right trainer for you)

PHOTOGRAPHED BY GIOVANNI REDA

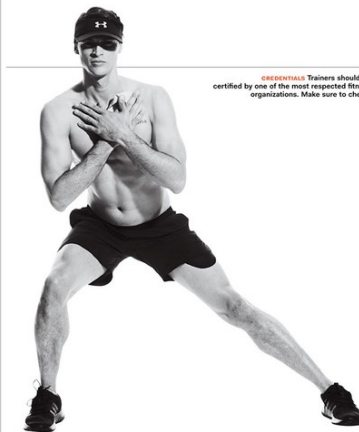
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The Golf Life | The Core



HIRING THE RIGHT TRAINER

Interested in working with someone who specializes in golf fitness? Here are the types of questions to ask and some of the trainers to avoid. ▶ "I'd want to know what that trainer knows about the golf swing—that's a good start," says Greg Rose, co-founder of the Titleist Performance Institute in Oceanside, Calif. "An extra step would be to speak with some of the golfers that trainer has worked with to get an idea of how he or she uses the gym to improve their games." ▶ Fitness credentials also are important, says Ben Shear, who has trained several tour players. "A degree in exercise physiology isn't a must, but it helps. More important, how long have they been training? Are they certified by one of the big organizations in fitness?" ▶ Among the most respected are the National Academy of Sports Medicine (NASM), National Strength and Conditioning Association (look for the CSCS certification), C.H.E.K Institute, and the Titleist Performance Institute. TPI is the only group certifying trainers specifically for golf fitness. Another more general accreditation that is acceptable, Shear says, is ACE, short for the American Council on Exercise.

CREDENTIALS Trainers should be certified by one of the most respected fitness organizations. Make sure to check.

"Having the right credentials should start the conversation," Shear says. "But there are still some things to avoid."

Specifically, trainers that are willing to put you through the paces without first giving you a physical evaluation and interviewing you about your goals, preferences for workout intensity and your medical history. Also avoid anyone pushing group-training—like CrossFit—without knowing your capabilities. Worse: Throwing you in a group where you're expected to "keep up" with stronger students.

"Group classes can be a great motivational tool," Rose says. "Just make sure you're training with people of similar abilities, and that the classes are small enough that you still get some one-on-one attention."

Personality plays a big role in finding the right trainer, says Lindsay Becker of Buckeye Performance Golf in Dublin, Ohio. "It's OK if they push you out of your comfort zone a little," Becker says. "But when you're not looking to be pushed, and that's all they want to do is work you 'til exhaustion, it's not a good match. Best to establish right away what your training preferences are."

Rose agrees. "They need to match your life. First thing the person should say is, 'What would fit your lifestyle? If all you can do is 15 minutes a day, I'll build you a program for 15 minutes.'"

Speaking of commitment, avoid trainers who want to sign you up for anything long-term like an annual contract. Results should be evident fairly quickly, Rose says. "If someone says it's going to take six months, you're with the wrong trainer."

Finally, it's an absolute must that the trainer is willing to communicate with the golf instructor who best knows your game. "It doesn't have to be engaging, but it's helpful to know what you're working on," Shear says. "Many times there are a result of physical issues that can be corrected in the gym. The trainer and pro can help each other out."

—RON KASPRISKE



THE GOLF LIFE | THE CORE

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"First thing they should say is, 'What would fit your lifestyle?'"

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The Golf Life | Style

Imagine feeling as comfortable on 18 as you did on No. 1.

Tech Togs

Clothes designed with a golfer's well-being in mind

Today's golfwear offers a variety of innovative materials that allow you to move freely when you play and keep you warm when it's cool (and vice versa). In fact, the apparel on this page is designed with so much style and technology that some might even call it misnomer. —ASHLEY MAYO

1 **ADIDAS HUMAWEAR 5.0 SUNGLASSES, \$115** The distinctive lens design is curved, offering your eyes unobstructed sun protection.

2 **NIKE GOLF HYBRID JACKET, \$85** This stylish wind-it-hoodie is pliable and well-insulated, with an interior turtleneck for extra warmth. **3** **PUMA GOLF RIG-POCKET PANTS, \$65** T-mesh moisture, and the ultra-stretchy fabric helps you stay cool and dry. **4** **FOOTJOY S.M.A. HELIX SHOES, \$85** Form-fitting molds to your ankle for extra stability, and the tongue shape is your foot for breathable comfort.

5 **NIKE AEROWILL CLASSIC 95 PANTS, \$65** The high-particular moisture polyester fabric stretches for a comfortable fit.

6 **UNDERHILL HEATHER LONG-SLEEVE FULL-BOTTOM SPORT SHIRT, \$45** With just a touch of spandex, it offers as much stretch as the softest golf shirt and looks cleaner and refined. **7** **NIKE ICE PANTS, \$65** Come for the water- and dirt-repelling fabric, stay for the anti-slice scorecard pocket.

8 **ADIDAS CLIMATEAT PRIMALoft VEST, \$45** It's packed with insulation to keep you warm, but its breathable fabric lets moisture escape.

9 **NIKE AEROWEAVE POLO, \$55** This short-sleeve is designed to open and close as your body temperature changes. **10** **ADIDAS ULTIMATE ICE CLIMATEWEAVE PANTS, \$85** Breathable, woven fabric will keep you warm and dry, but it's also highly stretchy, allowing for full range of motion.

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Photograph by Walter Iossa Jr.

WHEN YOU ABSOLUTELY, POSITIVELY CAN'T AFFORD TO BOTCH YOUR NEXT PLAY, THESE BEST YOUNG TEACHERS FROM THE NEW YORK AREA HAVE GREAT ADVICE TO COME THROUGH IN THE CLUTCH—KICKIN' IT, BEASTIE BOYS' STYLE

Photographs by Walter Iossa Jr.

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