

FOR IMMEDIATE RELEASE

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## **AUTHOR TEACHES GOLFERS HOW TO IMPROVE THE POWER BEHIND THEIR SWING!**

Think expensive clubs will improve the power behind your swing and drive? Think again. Many people desperately want to improve their game and spend lots of money on state-of-the-art clubs to increase power behind their swing. Posture expert Janice Novak, M.S. says that some fail to realize that IMPROVING POSTURE can have the MOST IMPACT not only the swing but on the power behind the swing.

Golfing experts agree that a slouching posture greatly harms your game by decreasing your shoulder turn as well as your axis of rotation for the swing. Research has shown the ability to turn your shoulders on the back swing equals your power potential and that good golfing posture will result in longer drives and more consistent ball striking.

**Janice Novak**, author of ***POSTURE, GET IT STRAIGHT!*** demonstrates:

- How simple posture changes can improve swing and the power behind swing
- How to exponentially improve your golf game
- How posture can be your SECRET WEAPON
- How to keep spine in line for longer drives and more consistent ball striking
- How to perform the 'Well Balanced Golfer' exercise

**Janice Novak, M.S.** is considered this country's premier posture expert. She is an international acclaimed author, speaker and wellness consultant. Janice developed her unique posture program over twenty years of teaching workshops. She holds a master's degree in health & physical education and has been featured in national publications and on national television.

**To request a copy of *Posture, Get It Straight!*, arrange an interview, or for other information, contact Janice Novak at 1-800-756-7934 or [Janice@ImproveYourPosture.com](mailto:Janice@ImproveYourPosture.com).**