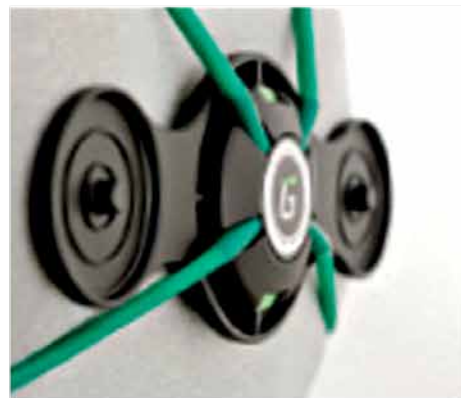
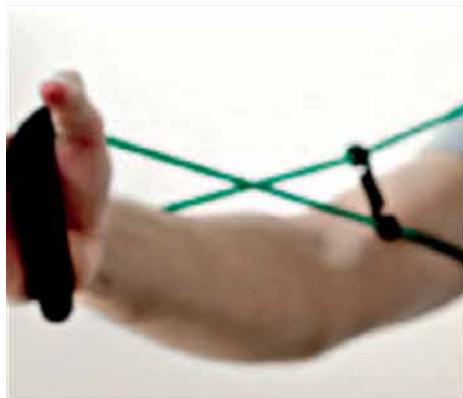


FEATURE

MAY THE FORCE



BE WITH YOU



A REVOLUTIONARY SYSTEM PROMOTES ACTIVELY FIGHTING GRAVITY AS A WAY TO HELP YOU IMPROVE YOUR GOLF GAME... AND IT COMES WITH HEALTH BENEFITS



gravity (movement and anti-gravity muscles)," says Hamer, "Dr Richardson found the deep anti-gravity muscles (particularly of the spine) and the sensory effect of gravity on the body play a major role in musculoskeletal form and function, bone and joint health and enhancing athletic performance.

"What is unique about GravityFit is that it is not just a way of strengthening core stability, it goes beyond that to

Teaching us to function as we were designed to, and therefore moving and working our bodies as they should, is the philosophy behind a system called GravityFit.

It's a philosophy Bay of Plenty physiotherapist Bryce Hamer has adopted and introduced to the golfers he works with as part of his role as a New Zealand Golf physiotherapy service provider.

The GravityFit system is the result of research conducted over more than 30 years by Professor of Physiotherapy and former leader of the University of Queensland research team Dr Carolyn Richardson.

Renowned in her field, Richardson has also worked as a consultant on gravitational physiology with the European Space Agency, thus her system's emphasis on gravity.

Hamer explains: "We don't challenge gravity enough in our daily lives – we bow to it. Our lives have become much more sedentary over time. We don't run or jump like we used to, especially as we age. A lot of people use machinery such as a rower or a bike to get fit and although these are useful tools they are still not causing us to fight gravity."

Hamer stresses that the concept of fighting gravity is not whacky, it's simply a progression of the development of what is being done in the field of exercise.

According to GravityFit, Richardson's research provided her with a unique insight into how the human body works.

"With two functionally different muscle groups in relation to

● developing whole body stability. It's a philosophy that is about ● helping people to function well twenty-four hours a day, and ● in the case of golfers, not just when they are standing over a ● golf ball.

● "It's not complicated and it is functional. You can feel ● what's happening to your body when you use it properly. ● What you are trying to do is to add compression which ● will activate your muscles correctly. Using your anti-gravity ● muscles, those in your cervical, thoracic and lumbar corsets, ● helps your muscles, bones and tendons do the job they were ● intended for and not deteriorate."

● Hamer says to date he has received excellent feedback from ● those who have adopted the system.

● "It's about the little points of difference, particularly with ● golfers in relation to the area of their scapula (shoulder blades). ● Being aware of your stance, and that a strong spine needs its ● three natural curves held by your deep anti-gravity postural ● muscles, means you must keep your thoracic core activated."

● Hamer insists GravityFit is not a fad, rather a life choice. "It ● fits in with my philosophy," he says.

● GravityFit promotes itself as 'whole body stability for whole ● body function' and its tag line of Any Body, Better Body, Core ● Body, succinctly sums up its aims

● GravityFit is being adopted internationally; it's already in the ● UK and being taught in the United States, where Hamer will be ● involved in the running of courses in March. ●