



Roger Fredericks Reveals More Secrets on New Blog Site

Roger Fredericks, renowned author of the best selling "Secrets to Golf Swing Flexibility" DVD Series has announced the launch of his New Blog, Fredericks Golf Blog (www.fredericksgolfblog.com).

Encinitas, CA, March 15, 2008 --(PR.com)-- Roger Fredericks, renowned author of the best selling "Secrets to Golf Swing Flexibility" DVD series has announced the launch of his new blog, Fredericks Golf Blog (www.fredericksgolfblog.com).

The blog is designed to provide information about Roger's Golf Swing Flexibility system as well as Roger's thoughts on a variety of subjects that are not only golf related but which also cover health matters and other issues. Readers can watch Roger's infomercial, order individual videos on demand and even interact with Roger through the comments section on his posts.

"I created this blog to help pass on a philosophy and methodology that literally changed my life - and my golf swing over 25 years ago", Fredericks says. "It's been my passion over the last twenty years to help people improve their musculoskeletal health by learning the proper way to improve their flexibility".

Roger has worked with some of the biggest names in the pro golf world including Arnold Palmer, Jack Nicklaus, Gary Player and others. His flexibility system has helped thousands of average golfers find their swing and improve their game.

"Your body is your golf swing", says Fredericks. "Lack of flexibility is the average golfer's number 1 problem. It is due to lack of flexibility that the average golfer cannot perform a fundamentally correct golf swing motion. Finding out what muscle restrictions a person has is the first step in finding a solution to the swing faults that are plaguing my students."

Three simple Flexibility Tests have been posted on Roger's Blog for those interested in finding out WHY they do WHAT they do in their golf swings. The tests are free and very revealing.

"The good news/bad news situation is this: the good news is that more and more golfers, and golf instructors are realizing the importance of flexibility and conditioning, the bad news is that very few people know how to get flexible. The overwhelming vast majority of people tell me that they stretch, yet very few of them are flexible. That is because most people stretch improperly. Creating this new Blog offers a place for those interested in gaining more flexibility to go to find out what programs work."

For more information about Roger Fredericks, log on to www.FredericksGolfBlog.com or call 888.304.FLEX (3539)

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