



A FREE REPORT FOR RENO GOLFERS 45-75

IT'S NOT YOUR AGE. IT'S YOUR HIPS.

Why you're shorter off the tee than you were ten years ago – what's actually changed in your body, and the screen that shows you exactly which restriction is costing you the most yards.

You've bought three drivers in five years. The distance isn't in the bag.

TPI CERTIFIED LEVEL 3

FROM THRIVE FITNESS · RENO, NV



THE FULL REPORT

It's Not Your Age. It's Your Hips.

*The Reno Golfer's Guide to Getting Your Distance Back
After 45 — Without Buying Another Driver*

From **Thrive Fitness** · Reno, NV
TPI (Titleist Performance Institute) Certified Level 3
NASM Certified · Corrective Exercise Specialist · 16 Years

A note before we start: I'm a fitness coach, not a doctor, a physical therapist, or a swing instructor. Nothing here is medical advice, and none of it replaces your physician — especially if you're dealing with a disc, a replacement, or a surgery you're coming back from. What this report does is explain, in plain English, what actually changes in a golfer's body after 45, why the equipment aisle can't fix it, and how a movement screen tells you which restriction is costing you the most.



THE PROBLEM

You've Already Tried Buying the Yards Back

A new driver. Then a lower-lofted head, or a higher one. Senior-flex shafts. Maybe a speed-stick set in the garage. Possibly a launch-monitor fitting that promised eight more yards and delivered two.

And here you are, still hitting it shorter than you did ten years ago — watching the same tee shot at Somerset come up thirty yards short of where it used to finish.

This isn't a knock on equipment — a good fitting is genuinely worth doing. It's just that equipment can only optimize the swing you're currently able to make. **It cannot give you back a turn your body can no longer perform.**

The next \$600 driver can't fix a swing that's lost 8 mph. Twelve weeks of the right training might.

Golfers in this position usually reach one of two conclusions. The first is that it's simply age, and this is what getting older looks like. The second — the one that's actually supported by what happens in a movement screen — is that the swing didn't get old. **The body got restricted, and the swing adapted around it.**

Those two conclusions lead to very different next ten years.



THE REFRAME

Your Swing Didn't Get Old. Your Body Got Stiff.

Here's the thing almost nobody says out loud on the first tee: age and fitness are two different variables, and golfers routinely blame the one they can't change for a problem caused by the one they can.

Rotation is the clearest example. A golf swing is, mechanically, a rotational movement built on your ability to separate your upper body from your lower body. That separation depends on hip internal rotation, thoracic spine mobility, and enough core strength to control both under speed.

All three of those decline with disuse — not with birthdays. And all three respond to training.

Bodies adapt to what you ask of them. That doesn't stop being true at 45, 55, 65 or 75.

When a golfer loses hip rotation, the swing has to get its turn from somewhere else. Usually that's the lower back. Which is why the distance loss and the back pain tend to show up together — **they're the same problem wearing two different hats.**

This is the entire premise behind the Body-Swing Connection: screen the body first, and the swing faults start to explain themselves.

The Tee-Box Conversation

There's a moment most golfers past 50 have already had, or can feel coming. Standing on the first at ArrowCreek or Wolf Run, someone in the group suggests — gently, without malice — that you might be more comfortable playing from the forward tees.

Nobody in golf talks about how much that lands. It isn't really about yardage. It's about being handled — about the group quietly reclassifying you into a different category of golfer than the one you've been your whole adult life.

Moving up a tee box isn't a scorecard decision. It's an identity decision, and everyone knows it.

And for the golfer who's already moved up once, there's a second version of it that's worse: there's nowhere left to go.

Here's the practical point, and the reason this section is in a fitness report rather than a therapy pamphlet. **Fitness is the single lever that postpones that day.** Not a new shaft. Not a swing tip from YouTube. The physical capacity to keep hitting the ball far enough to belong on the tees you've always played.

That's what's actually being bought here. The yards are the mechanism. Staying who you are on the course is the point.



You Were Probably Told Lifting Would Ruin Your Swing

If you learned this game before the late nineties, you almost certainly absorbed a piece of conventional wisdom that turned out to be wrong: **golfers shouldn't lift weights**. It would make you bulky. Tight. Slow. It would wreck your tempo.

That wasn't a fringe view — it was the mainstream one. Gary Player lifted seriously from early in his career and was mocked for it for decades. He was still being told "dumbbells are for dummies" in the late seventies, after nine major championships. For most of the twentieth century, he and a small handful of others were the only players on tour touching a weight.

Then a 21-year-old won the 1997 Masters by twelve shots, and the argument ended.

Tiger Woods turned professional in 1996 weighing about 155 pounds. Over the next few years he added roughly 25 pounds of muscle — and the game reorganized itself around what he proved was possible. Training stopped being something golfers hid and became something they advertised. Today it's simply assumed: every serious player has a strength coach.

Here's why that matters for you rather than for tour players. **The belief that lifting is bad for your golf swing was disproven roughly thirty years ago** — but if you formed your habits before then, you may still be carrying it. And it's the single most expensive wrong idea an aging golfer can hold, because it rules out the one intervention that actually restores distance.

You don't need Tiger's program. You're not 21 and you're not chasing a green jacket. But the underlying principle he proved — that a stronger, better-moving body hits the ball further — applies at 64 exactly as it applies at 24. Arguably more, because you have more to reclaim.

One important caveat, and it's the reason the next step is a screen rather than a workout: **loading a restricted body is how people get hurt**. The order matters. Find out what's actually restricted first, then train it. That sequence is the whole point of screening, and it's what separates this from "go lift some weights."

THE MECHANISM

The Three Things You're Actually Losing

"Getting older" isn't a mechanism. These three are — and each one is measurable, and each one is trainable.

1 Rotation

Hip internal rotation and thoracic spine mobility are what let you coil. When they tighten, your backswing shortens, your sequence changes, and your lower back starts doing a job it was never designed to do.

In your swing: a shorter backswing, the trail heel lifting early, or the feeling that you can't "get behind it" anymore.



**PELVIC
ROTATION**



**TORSO
ROTATION**

The gap between these two — how far your torso turns against your pelvis — is where clubhead speed comes from. Lose it, and the swing has to find the turn somewhere else.

2 Power — and the muscle underneath it

This is the one most golf-fitness advice gets wrong by treating it as a stretching problem. Rate of force development — how fast you can produce force — declines faster with age than raw strength does. And it's built on muscle mass, which is quietly declining too. Mobility work alone will not fix a power problem.

In your swing: the ball feels like it comes off "soft" even on well-struck drives, and your good swings don't go as far as they used to.

3 Capacity for 18 holes

Strength endurance is why hole 14 looks different from hole 4. When the muscles that stabilize your spine and hips fatigue, your mechanics degrade, speed drops, and discomfort arrives — usually in that order.

In your swing: scores that fall apart on the back nine, and the decision to start riding instead of walking — particularly on the elevation changes at Wolf Run or the back side at Lakeridge.

BEFORE YOU READ ON

Which of These Is Actually You?

Be honest — nobody's watching. Tick the ones that are true right now.

- ☐ I'm at least 15–20 yards shorter off the tee than I was in my prime.
- ☐ I've bought new equipment in the last three years hoping it would give me distance back.
- ☐ My back, hip or shoulder is stiff or sore during or after a round.
- ☐ I can't turn as far in my backswing as I used to — or I have to lift my heel to get there.
- ☐ I play noticeably worse after hole 12 than before it.
- ☐ I've started riding when I used to walk.
- ☐ I've moved up a tee box, or someone has suggested I should.
- ☐ I've thought, more than once, that this might just be what getting older looks like.

If you ticked three or more, none of this is a mystery and none of it is inevitable. It means your body has developed specific, identifiable restrictions — and the useful next step isn't guessing which ones. It's measuring them.

THE APPROACH

Why a Screen Beats Guessing — and Beats an App

There are only really three ways to attack this. You can guess, you can follow a generic program, or you can get measured.

Guessing is what most golfers do: some stretching, whatever the range buddy recommends, a speed stick. It's not useless. It's just aimed at nothing in particular.

A subscription app is a real step up — there are genuinely good ones, and if that's your budget, use one. But the honest limitation is the one app users name themselves: "*I don't know what I should and shouldn't do.*" A program on your phone can't see that your hip is the restriction and your shoulder is only compensating. It can't watch a rep.

A movement screen is different. It's a defined sequence of physical tests — the same framework used across professional golf — that identifies which specific restrictions you have and, critically, **which swing characteristics they tend to produce.**

A screen doesn't tell you to train harder. It tells you what to train, and what to leave alone.

That last part matters more than it sounds. Half the value is knowing which exercises to skip — because for a golfer with your particular restriction, some of the most popular ones are a waste of a session or actively counterproductive.

THE FRAMEWORK

Why TPI, Specifically

The Titleist Performance Institute was founded in 2004 to study how the body affects the golf swing. Its screening methodology — the Body-Swing Connection — is now the common language of golf fitness at the professional level.

That matters here for one reason: it means this isn't one trainer's theory about your hips. It's a standardized framework, and the results are interpreted the same way whether you're on tour or playing Wolf Run on a Tuesday.

18 of 20

of the last 20 Major Championships won by players advised by a TPI Certified Expert

25 of 30

of the Top 30 players in the Official World Golf Rankings trust TPI expertise

48 of 50

of Golf Digest's Top 50 Golf Fitness Professionals are TPI Certified



Thrive Fitness is **TPI Certified Level 3** — the advanced fitness credential — layered on top of NASM certification, Corrective Exercise specialization, and sixteen years of coaching adults over 45 in Reno.

There's a gap in this market that golfers complain about constantly: swing instruction built for bodies that can still do things yours can't. Being screened by someone who trains aging bodies for a living, using the framework tour players use, is a different experience than being told to "make a bigger turn."

YOU ARE NOT THE ONLY ONE

What Golfers Are Saying About This

These are public comments from golfers on GolfWRX, The Sand Trap, Golf Monthly and Reddit — not Thrive clients. They're here because the pattern in them is worth seeing.

"I'm probably already 20 yards shorter off the tee than when I was in my prime."

GOLFWRX · AGE 66

"The pain in my back does not allow me to turn properly."

THE SAND TRAP · AGE 60+

"I've lost about 10 mph off my max club head speed with a driver @ 56 years old... I also tire easier and then the SS falls even more."

THE SAND TRAP · AGE 56

"Getting old sucks when the mind is willing, but the body won't cooperate."

YOUTUBE · SENIOR GOLF COMMENT

"I started working out and doing some speed training and I think it made a big difference... I hit some of the longest drives I've ever hit this summer, and I've been playing there for 30 years."

REDDIT r/GOLF · AGE 61

"I am 69 and am currently playing better than ever."

GOLF MONTHLY · AGE 69

Quotations are verbatim public forum and comment posts, reproduced to illustrate what golfers in this age group report about distance loss and training. They are not testimonials for Thrive Fitness and do not describe results from Thrive coaching.

NO SURPRISES

What Actually Happens in the Hour

Nobody books something they can't picture. So here's the whole appointment, start to finish.

1 Your history — about 10 minutes

Your handicap, what's changed and when, where it hurts, what you've already tried. Surgeries, replacements or disc issues I need to work around. Bring numbers if you have them — swing speed, carry distances, a recent launch-monitor session.

2 The 16-point screen — about 25 minutes

The standard TPI physical screen: pelvic tilt and rotation, torso rotation, overhead deep squat, toe touch, 90/90, single-leg balance, lat length, lower quarter and cervical rotation, seated trunk rotation, bridge with leg extension, and the wrist and forearm tests. Bodyweight only — no club, no hitting balls, no changing clothes. Nothing is maximal and nothing should hurt.

Three very different problems look identical from the outside: a mobility restriction, a stability deficit, and a motor-control issue. The screen tells them apart — which matters, because the fix for each is completely different. Stretching a stability problem does nothing.

3 What it means for your swing — about 20 minutes

This is the part that's worth the hour. Each finding gets connected to something you're already living with. Limited hip rotation tends to show up as sway or slide. A restricted toe touch and posterior chain often shows as early extension. Limited thoracic rotation shows as loss of posture and a flat shoulder plane. You get the physical explanation for faults you've been trying to fix with your hands.

Before you leave, we'll change one of them. I'll take your biggest restriction, give you one corrective, and re-test it. When the number moves in ninety seconds, you stop wondering whether this works — because you just felt it work in your own body.

What it isn't: a swing lesson, a sales presentation, or physical therapy. A screen identifies physical limitations and their likely swing consequences — it is not a medical diagnosis. If something suggests you need a physician or a PT, I'll say so and point you there.

THE QUESTION YOU'RE PROBABLY ASKING

Why Is This Free?



DANIEL ANDERSON
Thrive Fitness · Reno

Fair question, and you've earned a straight answer rather than a marketing one.

Three things worth knowing before you decide whether an hour with me is worth your time — one of which is a limitation, not a selling point.

1 Sixteen years training adults over 45

That's the part that isn't new. I've spent sixteen years working with aging bodies in Reno — the stiff backs, the replaced joints, the shoulders that don't go overhead like they used to. If you're anywhere from 45 to 75, that's arguably the experience that matters most.

2 TPI Certified Level 3 — the advanced fitness credential

Level 1 is the introductory seminar. Level 3 Fitness is the top of the fitness track, and it's where most certified trainers never go. So while the golf application is newer for me, the screening itself is not something I'm learning on you.

3 I'm building the golf side of this practice right now

And that's the actual reason the screen is free. I'm taking what sixteen years of training aging bodies already taught me and applying it in a golf-specific format — which means the first golfers through the door get more of my attention, more follow-up, and more effort than anyone will get once the calendar fills.

*I'd rather tell you that than invent a client roster I don't have yet. **The free screen runs for the first 20 golfers** — after that it goes to its normal price. That's not a countdown timer; it's just the honest shape of a practice being built.*

If you'd rather wait for a longer list of golf testimonials, I understand. If you'd rather be early — and get a coach actively trying to prove this works — now is the better time.

THE REAL GOAL

What Winning Actually Looks Like

It isn't a trophy and it usually isn't a handicap number either. For most golfers who come to this at 60-something, a win sounds like this:

Playing the same tees you've always played, without it being a conversation. Turning far enough that the swing feels like yours again. Walking off 18 without the back tightening up in the car on the way home. Finishing as strong as you started.

And the one almost everyone eventually says out loud — still being the person who can say **“I can still...”** and finish the sentence honestly.

Shoot your age. Keep your tees. Keep saying “I can still.”

That's a fitness outcome, not a golf-lesson outcome. Which is exactly why it doesn't get solved on the range.



YOUR NEXT STEP

Find Out Which Restriction Is Costing You the Most.

*Book your free 60-minute **TPI Movement Screen** at our private Reno studio — free for the first 5 golfers each month, no commitment, no pressure.*

TPI Movement Screen — the 16-point physical assessment \$97
60-minute one-on-one review with a TPI Certified Level 3 coach \$200

Total value

\$297 — free

Thrive Fitness · Reno, NV · Private in-person studio training
TPI Certified Level 3 · NASM · Corrective Exercise Specialist · 16 years

Book My Free TPI Screen →

Serving golfers at Somerset, ArrowCreek, Montréux, Wolf Run, Lakeridge & Washoe.
You'll leave knowing which restrictions you have, which swing characteristics they tend to produce, and what to do about them — whether or not you ever train here.

This report is educational and is not medical advice, physical therapy, or swing instruction. Consult your physician before beginning any new exercise program.