

Unique is Good

Embrace your style and stand out from the crowd this winter

STORY BY SEEMA SADEKAR

’Tis the season to believe that all your dreams can come true! Whether you are enjoying winter days with family and friends, planning your New Year’s resolutions, or acting out said resolution, it is a time for remembering the things that are most important to you. The colors and sparkles that light up every city remind us that we should share peace, love and joy with one another. Wishing you all a safe and warm winter season and an amazing start to 2016!



Fashion Tip

Black is a staple color in my closet and on the course, no matter what season! In this photo, I am wearing a black one-piece jumpsuit with long and flowing frills all the way down my sleeves. I just love the way the frills flow with my swing, creating such a unique look.



Golf Tip

A commonly asked question is where should the club be at the top of your swing? Your club should stop when your body has completed its turn and rotation; focus more on rotating your core, and let your arms set naturally. If you have properly hinged the club, it should look and feel as if the club is parallel to the ground.

Photos by: Mega Media Entertainment & Gerrad Wilson

White & Winter Blue



YES

Fashion Tip

This is a beautiful thick material white dress with large black buttons that detail the left side of the outfit. If it's one thing to take note of in your fashion book, it's that white and black always will hold dominant against the green on the golf course. I have paired the white and black with a winter blue accent color through a pair of FootJoy shoes and a Titleist visor. These three colors make a fabulous team during the winter season.

Golf Tip

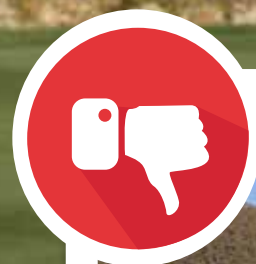
"I'm coming over the top!" A commonly used phrase most golfers utilize when playing golf. It's an uncomfortable transition in your downswing caused by using your arms, instead of the momentum of your shoulder and core to start the downswing. Coming over the top causes you to pull shots and creates a struggle with alignment if not rectified in time.

Step 1

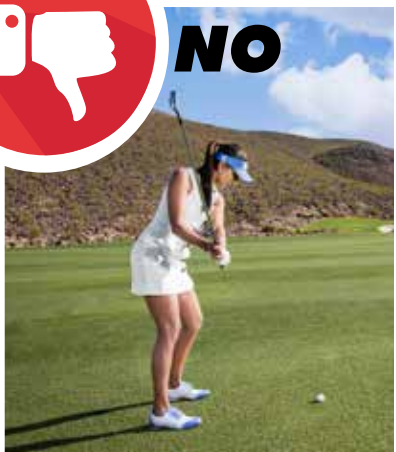
Check your alignment, put a club on the ground parallel to your feet and see where you are aiming.

On your downswing feel like you keep your back to the target for as long as you can. Feel as though your shoulders guide your arms and hands naturally on your way through the downswing.

A good way to fix an over the top swing is to practice hitting shots on an uphill slope. This will encourage you to use your body on the way down instead of just your arms. You will really be able to feel your lower body in motion.



NO



Golf Tip

It's always important to have some fun and challenge yourself when you are practicing your golf game. One of the best ways to do this around the greens is to have an "Up and Down" competition with yourself or with a playing partner. Here's how it works.



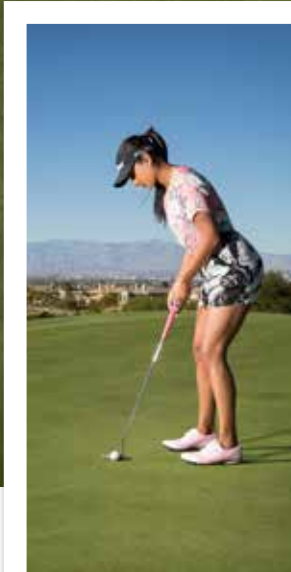
Step 1

From around the greens choose nine "tee box" locations that you will chip from—three easy, three medium and three challenging.



Step 2

Each hole is a par 2 and by playing all nine holes your short game challenge is par 18.



Step 3

All you will need is your two chipping clubs, your putter and one golf ball.

A Perfect Pair

Fashion Tip

I'm wearing a black and pink romper with white decorative flowers. Rompers are a fall fashion trend that is moving into the winter season as well. Pink, being one of my favorite colors to wear year round, has become a trend in winter and is often paired with colors like black, white, silver and gold. I paired my romper with white and pink FootJoy shoes and a black Titleist visor.

Step 4

The goal is to chip and putt as you would on the golf course, getting your ball "up and down" in as few strokes as possible. This game will really help improve your short game around the greens.

Photos by: Exceed Photography

Make a Statement



Fashion Tip

Red is one of the most beautiful and symbolic colors of the winter holidays. It's also my favorite color to wear during the winter season, even red lipstick to match! My jumpsuit is from DeJardin; it is made of a comfortable and stretchy athletic fabric that allows for me to move and swing freely. I complimented my outfit with my custom "Seema Style" red FootJoy shoes and a red Titleist visor.

Golf Tip

Hitting more fairways with your driver will definitely lower your scores. Here are three steps to get you hitting more fairways.



Step 1

At address, make sure your feet, shoulders and clubface are aimed at your target. Before pulling the trigger, give yourself one word to say in your mind that will allow you to stay calm, confident and positive throughout your swing. The words "smooth" or "commit" are great examples.



Step 2

As a drill, at the top of your golf swing before pulling the trigger, try and have a slight pause. This will let you and your body know that you have completed your backswing. This feeling will also give your mind and body time to transition the club to your downswing on a better plane, helping you to maintain good angles into your downswing.



Step 3

The beauty of your downswing is that it allows for you to turn your lower body and rotate your arms powerfully into the ball. It is a wonderful feeling having great contact with the golf ball. Having a good extension into your downswing is important as well. Good extension means to have width through the ball; this will allow for your club to travel on a wide swing plane creating a solid impact and consistency onto the fairways.

Photos by: Exceed Photography

Happy Holidays

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