



BY
CLIVE AGRAN

SHED INCHES FROM YOUR WAISTLINE

...WHILST KNOCKING SHOTS
OFF YOUR HANDICAP

For some time now I've been looking to break into the wacky world of English literature. Since the Open is no longer a realistic ambition, I've been thinking that I should perhaps shift the focus of my attention away from the Majors and onto the Booker Prize. Fun though they are to write, articles such as this are not going to earn me a place up there among the giants of world literature alongside the likes of Dickens, Tolstoy and Cartland.

Originally I had wanted to write a philosophical tract entitled: "Shanking: the Human Predicament." It employed the unmentionable shot as a metaphor for life's tendency to fly off at an oblique angle. However, unless your Voltaire or Rousseau, philosophers don't sell terribly well and the film rights are worthless. And so I decided to try another tack entirely which, ironically, seemed to confirm my shanking theory of life.

In combining two of our current obsessions – golf and dieting – in one, dare I say it, "slim" volume, "The Golfing Diet" was bound to be a huge best seller. (Incidentally, I considered calling it the G-Plan Diet in the hope that it would be seen as the logical alphabetical progression to that other highly successful slimming programme, but I was nervous about it becoming confused in customers' minds with an obsolete make of furniture). Anyway, the Golfing Diet it is and let me hurriedly reassure you that it's a great deal more than just a clever idea. The theory behind it is sound and the evidence for its efficacy is

overwhelming.

Like most great discoveries, it began with simple empirical observation based on personal experience – I regularly put on weight every winter and just as regularly lose it the following summer. Because I only play golf once a week in the winter but three or four times in the summer, the obvious explanation is that I burn off more calories playing more often. The truth, however, just like the game itself, is very much more complicated.

Teeing off in the late morning, I invariably play through lunch and am so engrossed in the game that I don't even notice the absence of food. Effectively, therefore, cutting out three of four meals a week

with no effort whatsoever. Why, you might be wondering, do you need a whole book to explain such a seemingly simple idea? The answer is that nothing is as straightforward as it at first seems and there are a number of aspects that need considerable clarification to both satisfy the reader and justify the £14.99 (hardback) price.

For example, the book explains how you can increase from one to two rounds per day and miss even

more meals. Then there is the revolutionary approach to alcohol, which is conventionally regarded, quite wrongly in my opinion, as fattening. By drinking two or three pints of beer after a strenuous day's golf, the likelihood is that you'll fall asleep and miss even more meals.

There are other enormous advantages to the Golfing Diet. Instead of sneaking out of the house to avoid having to explain that you're off playing golf again, you can pick up your clubs, look your life partner in the eye and say that you are determined to lose more weight. What kind of miserable person would withhold their support for such a worthy endeavour? With a foreword by John Daly, the book is certain to be a publishing sensation.

And there is the potential for vast fortunes to be made from the phenomenal spin-offs. Clinics would open up all over the country to offer those on the Golfing

Diet special week-long courses. Naturally, they would need to have the basic facilities – a challenging course and a decent bar – and to be approved by my good self as suitable establishments capable of both delivering a quality service and paying an exorbitant franchise fee.

But that is all some way off. Taking two months away from golf to write the book followed by a series of big lunches with a number of top publishers has left me so overweight that I'm now too embarrassed to attend the inevitable succession of book signings and chat show interviews. The good news is that a few months of concerted on-course slimming and I might just make it into the bookstores by next Christmas.



Illustration by Cai Gulapa

UFC Refresh

- 100% Natural
- Not from concentrate
- No added colors & flavors

0%

- Fat free
- Gluten free
- Cholesterol free

5 essential electrolytes

- Potassium
- Calcium
- Magnesium
- Phosphorus
- Sodium

UFC Refresh Coconut Water

For better hydration
5 Essential Electrolytes

300 ml

The Natural Hydration for You

Superior Taste
AWARDED BY SCHMIDT'S

No Added Sugar
NATURAL CHOICE