

## How can Golf Fitness help you?

The benefits of Golf Fitness are endless, here is a starting point for you to get your teeth into.

10 Reasons why you should get golf fit:

1. You can find new power that you didn't know you had. Statistics and scientific evidence tells us that you will hit the ball an estimated 10% in distance further.
2. You will feel a lot better about yourself and this is likely to rub off on your golf.
3. You will become a healthier person.
4. The exercises will help you become a better golfer.
5. You will be able to more easily get into swing positions that your coach and you would like to.
6. Consistency and efficiency in your golf swing will follow.
7. Your muscles will be under less stress.
8. You will be stronger
9. You will feel more energetic
10. There is a good chance you may lose weight.

If you any of these benefits are goals of yours feel free to contact me if you wish for further advice on how we could work together to help you.

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Your Performance Coach

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