

Formula For Better Golf:

PRACTICE



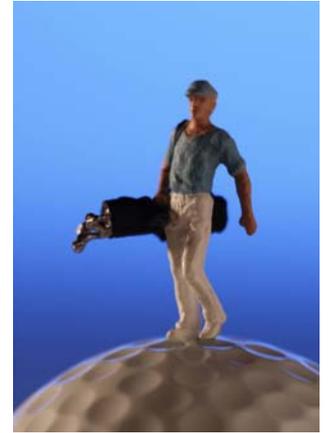
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EXERCISE



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TOP OF YOUR GAME



Do you want to play better golf *this* season?

Whatever your reason for playing golf, one can assume that you want to do all that you can to play your best each and every round. So, in your quest to lower your handicap you hit balls at the range, take golf lessons, read magazine articles, buy the latest high-tech equipment and follow the advice of fellow players.

While these activities may well help your game, don't miss out on what nearly every PGA pro does to stay competitive... EXERCISE! What if you could drastically improve your golf game, reduce your risk injuries and improve your overall well being all at the same time? Would that be something you might be interested in?

Harvard Men's Health Watch alerts "...golfers of the likelihood of injuries...Because a golf swing involves the whole body, any part of the body can be injured in the course of play. Common injuries include shoulder problems like rotator cuff tendonitis, hand and wrist injuries...as well as elbow inflammation. Back muscle strains are also common and some players experience serious back injuries. Golfers can also develop strains, sprains, and tendonitis of the knees, ankles, and feet." (www.Health.Harvard.edu)

So, how can you play better?

There is a proven method of improving your game and reducing your risk of injury that you may not have considered: *a personalized, golf-specific fitness training program.*

PGA.com states that "overall fitness is critical to golf success and strong, flexible golf muscles will improve your golf skills, helping you to play a better, more consistent game. In addition, the benefits of being physically fit will likely extend beyond your golf game and improve your overall health." (www.PGA.com)

Elite Health & Fitness Training, have seen first-hand the benefits of sport-specific training with client of all ages. It's NOT too early and it's NOT too late! Most of Elite's clients notice improvement in at least one aspect of their sport in just a couple sessions. So, if you are determined to make 2005 your best season ever and would like to try what the pro's have known for years, **call Elite Health & Fitness Training directly at 856.216.0044 or visit www.EliteFit.com** to schedule your fitness consultation. We look forward to hearing from you soon!

Scott Shelley, PT

President, Elite Health & Fitness Training, Inc.