



Advanced Golf Conditioning

**WWW.FOREVERFIT.CA**

**Improved Accuracy!  
Less Injuries!  
More Consistency!  
Longer Drives!**

**Golf season is here. Make this your best season ever!**

*Did you know that short tight muscles are a golfer's worst enemy?*

Forever Fit will show you how to correct these imbalances and teach you the requirements needed for an optimal swing. This will create more accuracy and power in your swing, reduce injuries and less fatigue.

*Your body is the most important tool you have, not the club!*

#### **Golf Services Offered**

- Biomechanical Assessment
- Detailed program based on your personal needs to achieve optimal performance
- Advanced conditioning and injury rehabilitation

For more information please contact:  
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**Reach Your Maximum Golfing Potential**  
**with Forever Fit!**