

*Dear prospective client: Golf Fitness Program*

*My name is Scott Stuart and I am an avid fan of all sports. Professionally I have been a Licensed Physical Therapist Assistant for the past 18 years and worked on-site at the Roseville Health & Wellness Center PT office for the past 5. My unique understanding of rehabilitation, human performance and sport is critical to building a golf-specific strength and conditioning program.*

*All our programs are customized, based on each person's unique needs and goals, and include:*

- Mobility to allow efficient swing mechanics*
- Stability to stabilize your lower half and core*
- Strength to maximize swing potential*
- Power to develop explosive swing mechanics*
- Endurance to maintain mechanics and performance over the course of a season*
- Exercises appropriate for all ages and fitness levels*

*I look forward to meeting you and teaching you a program that will give you the tools to become a better athlete and enjoy the game of golf for years to come.*

*Your Friend in Health,*

**Scott Stuart**