



Be the change, you want to see....

We have tremendous opportunities in the Kelowna sporting community to create good habits for a healthy body, mind and soul. It is a choice and with so many amazing options, I am happily caught up in the fastest growing trend, healthy living!

My favorite sport just happens to be golf, which in the past was definitely not notorious for fitness... quite the opposite. Although Golf Fitness has been around a very long time with Gary Player leading the way, finally with the current trends becoming mainstream and the great information accessible, we see it everywhere and golfers are getting results!

Building better habits for a better future and golf game!

While snow is on the ground and the scorecards are put away, we can have more effective focus on building better habits. No fears attached to an errant shot as we discover and develop effective movements, strengthen the body, become more stable and mobile to generate power, consistency and control.

Through golf specific programs such at www.mytpi.com, Fitforegolf, Paul Chek, Yoga for Golf and incredible new technologies for swing analysis, effective holistic coaching methods, we see golf game improvements are reaching higher levels and producing greater results.

My CanfitPro PTS certification and the TPI Level 1 has given me an unbelievable renewed energy with my own golf game, as well and an unlimited enthusiasm to help others discover their potential with all areas of the game. I have seen amazing results with my student's success and myself having already played golf for 35 years, I now outdrive competitors of 20 years younger... Yahoo ☺ ... I am a believer!

Applying golf specific fitness, technical body awareness, practical practice and focused drills, training smarter means playing better.

A solid approach to the learning process, more enjoyment, better understanding combined with repetition (lot's of repetition) will get you desired results and a healthier lifestyle, while having FUN...

Becoming a healthy individual is not just a destination; it truly is in the journey! A lifestyle and adventure happens because of choices we make daily. I look forward to sharing with you golf fitness tips on my blog this winter. Please contact me with any questions you may have ~ Join Me ~ Lets' Play Great Golf