



“Play Golf like a Pro for a Day”

La Sol Golf Days are designed for golfers to increase their awareness of how better posture and improved swing mechanics will improve performance and increase their longevity in the game.

Your hosts for the day will be Paul Hedger, Director of La Sol Pty Ltd) & one of the PGA Golf Professionals (working at Mornington Golf Club) bringing together the respective fields of physiotherapy, sports science and golf tuition. We plan to provide our guests with a program that is fun whilst educating them about how to:

- Feel better during and after you play
- Improve your stamina, strength, posture, balance and protect against injury
- Improve your eating habits for better performance, improved health and quality of life
- Learn how the latest clubs, grips, shoes and balls can make golfing easier on your joints
- Play more consistent golf and improve your handicap



La Sol Golf Days ... Great golf tuition overlooking the bay ... the choice is yours!!!

Our golf days give you the opportunity to work with some of the best Golf Pro's in the heart of Victoria's famed Mornington Peninsula, whilst enjoying the great facilities and course layout of Mornington Golf Club. Standing on most tees, the view across the bay to the city is breathtaking – “*the choice is yours*”.

Your “Play Golf like a Pro for a Day” package includes:

- All golf related activities – i.e golf fees with driving range facilities and balls included.
- Warm up / Functional Stretching clinic prior to playing
- Golf tuition re: postural set up, swing mechanics, chipping and putting techniques
- On-course tuition will be focused on club selection, course management and reading greens. The performance enhancing qualities of good diet and nutrition will also be discussed.
- Each player will also receive his / her own swing video analysis CD (with numerous swing files captured during the day), with both the PGA Golf Professional and Paul's comments regarding ways to improve their posture and swing mechanics.
- At the conclusion of the clinic, players will have experienced approximately 4-6hrs of golf tuition.
- You will also receive a La Sol Golf Program workbook with golf specific warm-up exercises, stretches, lifestyle, diet and exercise advice that will not only give you a greater enjoyment of the game through improved golf performance, but will help you move towards improved health and quality of life. No matter what your age or ability level, we can help you to **feel good ... play better**

Please contact us to ask for more information about our Golf Days or any of our other Sport, Leisure and Lifestyle Programs. Paul is a physiotherapist who has had extensive experience working with amateur and professional athletes of all ages and gender. He is also a consultant to both amateur and professional golfers, lectures about golf swing mechanics and would be delighted to assist you with any enquiries!

- **Paul Hedger (Email): paulh@lasol.com.au (mobile): 0412 267 757**