

For more information, or to schedule an appointment please call:

The Sanny & Jerry Ryan Center for Prevention & Genetics
701.732.7620.



7096-0019 SEPT 16

Performance Training & Injury Prevention for Golf



PERFORMANCE TRAINING & INJURY PREVENTION FOR GOLF

Whether you are training for your first golf outing or gearing up for a personal best in your next tournament, Altru's "Performance Training and Injury Prevention for Golf" can help you meet your goals. This comprehensive program offers individualized recommendations on diet, technique, training and injury prevention to help you improve your performance.

PERFORMANCE PACKAGES

Fundamental\$200

Includes

- » Musculoskeletal Evaluation
- » Footwear/Orthotics Recommendations
- » 2D Video Golf Swing Analysis
- » Individualized Home Exercise Program

Advantage\$600

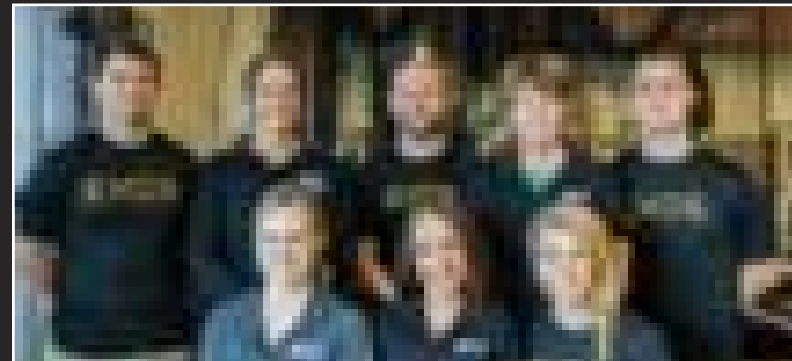
Includes

- » Fundamental package
- » Cardiovascular VO2 Submax Aerobic Testing
- » Nutrition Consult with Body Composition Test
- » 3 Performance Training Sessions

Professional\$950

Includes

- » Advantage package
- » Meal Service from Hugos
- » Thorne Research Supplements
- » 2 Additional Performance Training Sessions
- » Truyu sports massage



tOur Team

At Altru, we are committed to helping you reach your personal performance goals. To bring you comprehensive programs that can be tailored to your needs, our performance specialists and dietitians at Altru's Sports Advantage powered by EXOS have teamed up with the therapists and health coaches at the Sanny and Jerry Ryan Center for Prevention and Genetics.