



*Get fitter and enjoy better golf!*

Dear CGQL member

I would like to thank the members of CGQL who took up the offer last month to get fitter and enjoy better golf. I understand that some notable successes and improvement have been already recorded by those who have invested time in the exercises and programs we suggested.

These improvements will only become permanent if you continue to exercise and develop the exercises and training routines.

Here at Active Q Gym, we have everything you need to continue with your progress - A team of fully qualified Personal Trainers (Specialists in Golf Fitness Training), the latest equipment and gadgets to aid the training process and the best indoor/outdoor exercise facility in the Algarve.

In addition to this we have membership and personal training options that suit every requirement and usage pattern.

For an individualized and personal training option that works for you just contact us directly by phone or email.

The result will be

- Greater distance off the tee
- A more consistent swing
- Improved ball striking
- Higher shot consistency
- Less fatigue in the second half of a round
- Lower potential of injury or re-occurrence of injury
- Improved ability to play 2 or more rounds consecutively
- The chance of victory or individual success

We are confident of the **improvement** you will feel and see in **your golf game**.

For more information please contact Active Q on [Tel:289002986](tel:289002986), email:activeq@quintadolago.com. Check out our Facebook page (Active Q Gym) to follow our A – Z of golf fitness – Your guide as to why!

What have you got to lose – only shots off your handicap!!

Kind regards

Graham Morgan and the Active Q Team. *(Graham is a TPI certified Golf Fitness Trainer.)*