



## Golf Fitness Workshop

The Golf Fitness Workshop introduces golfers to the idea that combining physical wellbeing with top-notch golf instruction can help take your game to the next level. Learn what top level amateur and professional golfers are doing to reach their full potential! This is an interactive workshop, so come prepared to participate and learn more about your physical capabilities!

### Concepts / Points of Discussion:

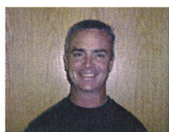
- Fundamentals of the Golf Swing
- Relationship between Swing Faults and Physical Limitations
- Fitness
- Strength & Flexibility
- Nutrition/Hydration on the Golf Course
- Energy Systems
- Footwear
- Exercise Concepts for the Golfer

**Date:** Sunday, March 25<sup>th</sup>  
**Time:** 2:00-4:00 PM  
**Where:** Somerby Golf Club Ballroom  
**Cost:** Free  
**Sign Up:** Contact Matt Norgaard ([mjnorgaard@gmail.com](mailto:mjnorgaard@gmail.com)) by e-mail to RSVP!

### Instructors:



Matthew Norgaard, PGA  
Head Golf Professional, Somerby Golf Club  
TPI Level 1 Certified  
[mjnorgaard@gmail.com](mailto:mjnorgaard@gmail.com)  
(C) 507.269.8607



Joe Eischen, PT, ATC, CSCS  
Mayo Sports Medicine Center Golf Program  
Fitness Consultant Faldo Series  
Medical and Biomechanics Level 2 TPI Certified  
[eischen.joseph@mayo.edu](mailto:eischen.joseph@mayo.edu)  
(W) 507.266.7800

