

Golf Fit, Exclusive Distributor of the Swing Machine, Signs on as a Prevo Health Solutions' Platinum Sponsor

Golfers of all ages and skill-level looking to improve their game are using the Swing Machine by Golf Fit to increase endurance, strength, balance and conditioning.

San Juan Capistrano, CA ([PRWEB](#)) October 31, 2013 -- Hitting the gym may not be top of the list for someone looking to improve their golf game, but with a Swing Machine in the fitness center, golfers will see an improvement in their personal health and that of their golf swing. As a platinum sponsor of [Prevo Health Solutions](#), the Golf Fits' Swing Machine will be introduced to hundreds of private country clubs nationwide, and for good reason. It works.

The [Swing Machine](#), with a footprint no bigger than a typical treadmill, is a logical addition to private country clubs' fitness facilities because it offers golf-specific training at a level no barbell or weight lifting machine can touch. It's designed to increase swing strength and flexibility, groove a strong on-plane swing and build muscle memory for more consistency and stamina. Translation: golfers can gain twenty, forty or sixty yards on tee shots and increase length dramatically with all woods and irons.

Jay McNabney, President of Golf Fit Jay says, "Whether you want to just stretch out before your round, or are interested in a full workout, the Swing Machine will help to improve your game regardless of age or gender, novice or pro."

Used and recommended by PGA professionals including Davis Love III, the Swing Machine has helped golfers of all ages to build proper hand position and encourage a delayed release for explosive drives and higher, longer irons.

Ryan Winther, long drive Champion and Swing Machine-user says, "I use the Swing Machine on a daily basis to maintain my strength, position, balance and build rotational power." Ryan won the competition with a 489 yard drive using the Krank Driver, a subsidiary of GolfFit.

The Swing Machine also fits nicely in with the [PGA Golf 2.0](#) initiative to grow the sport by encouraging PGA professionals to focus on player development and personal growth of all ages. The Swing Machine supports this by teaching the beginner golfer to learn proper swing in a controlled environment before ever stepping foot on the driving range.

But it also provides great benefit to the seasoned golfer and the increasing number of baby boomer golf enthusiasts. As these golfers age, they naturally lose distance and their handicap tends to increase, which can be frustrating enough to cause fewer rounds and lower revenue for the golf club. The decline in the golfers overall health can be a result of excess weight, reduced flexibility or exhaustion from not being in shape. No matter the cause, regular use of a machine that mimics the golf swing will tone the body for a more athletic swing, and put the golfer in better shape to resist injury and after-play soreness.

Prevo Health Solutions sees the Swing Machine as a way of getting more baby-boomers and senior members of the Country Club to visit the gym. Rick Ladendorf, President of Prevo Health Solutions has visited hundreds of private clubs and says, "On average, only 30% of private club members use the clubs fitness facilities. With the Swing Machine the number will surely increase as the member can not only get in shape but they can work on

improving their golf game at the same time.”

The Swing Machine is in good company as other golf conditioning programs becoming very popular from the Titleist Performance Institute (TPI), to TRX and Yoga for Golf. The Swing Machine helps the Golf Professional and the Personal Trainers to work together to provide the golfer with an integrated fitness, conditioning, stretching and balance program to help distance off the tee.

Ladendorf says, “We are proud to have Golf Fit as a Platinum Sponsor and look forward to seeing Swing Machines in every private club across the country. We believe it will help beginners learn to play golf and it will help to increase the number of rounds played as golfers are healthier, stronger and more able to enjoy the sport.”

With recent enhancements, the Swing Machine offers self-directed videos which include 30 minute conditioning routines that work all the right muscles to help build muscle memory. With an engaging machine and interactive video, golfers will enjoy the experience of improving their swing and ultimately their enjoyment of the game.

About Prevo Health Solutions

Prevo Health Solutions Inc. is the club industry’s premier wellness experts with expertise in workplace wellness and member retention. Our mission is to improve the overall health of the Private Club Industry through education and sharing of best practices. Our team consists of health professionals, certified nutrition & fitness experts, workplace wellness gurus and engagement specialists. We know what works in the workplace and we know the club industry. Prevo Health Solutions works with employers of all sizes to develop and execute custom wellness strategies which maximize engagement and participation. For more information, call 888-321-1804 or visit www.prevohealth.com.

About Golf Fit

Golf Fit has created the most advanced golf fitness training program in the nation. The comprehensive training program works on strength, speed, balance and flexibility for all ages and levels of golfers. Combining the top products in our industry, Golf Fit focuses on circuit training to improve the performance and teach the game of golf as well improve the fitness and well-being of all participants.



Contact Information

Rick Ladendorf

Prevo Health Solutions

<http://www.prevohealth.com>

+1 888-321-1804 Ext: 101

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