

Mr. [REDACTED]

In the past 10 years the game of golf has become the sport of choice for all ages. It is a sport that becomes very addictive, because it always presents new challenges every time you play. The best thing about golf is that anyone can play. You don't have to be tall or fast or overly athletic. The equipment has gotten better, the clothes have become more stylish, and it has become the "thing to do." I don't know how many times a week that someone asks me if I play golf. Besides the weather it's probably the most popular topic of conversations in the summer. Golf is truly a "lifetime sport."

Besides the equipment, the other huge change in golf is that people are now realizing that a good fitness and nutrition program can elevate their game tremendously. Strength, flexibility, and balance play an unbelievable role in the game of golf. It has been proven time and time again in other sports that the athletes that take the best care of their bodies are the most successful. You are now starting to see this in golf finally. Being in "good shape" as a golfer is not only beneficial physically, but maybe more importantly it will help a golfer become tougher mentally and a more confident player.

I would very much like to offer my services of personal training and nutritional counseling to your members. I am a self-employed personal trainer and I have been working with athletes of all ages and fitness levels for over 15 years. I have a B.S. degree in Exercise Science, and I have studied under The National Academy of Sports Medicine. I have completed well over 30,000 training sessions in the past 15 years. I have also been featured in the [REDACTED] newspaper, been published on several occasions, and performed many speaking engagements.

I will help any and every golfer become a better player! I **guarantee** it, because every aspect of my training is based on the latest, cutting edge scientific research, not magazine articles or the latest fad workout. Believe me, I will get people the results they're looking for!

I would love to meet with you and talk to you about how I can help you and your members. I feel that offering my services to your members will only make them happier and more loyal to your club, because they will be healthier, more fit, more confident, and of course a better golfer. If a golfer is looking to take their game to the next level and is looking for the best trainer around, I am the one! There isn't one trainer in the *Des Moines* area that has trained more athletes than I have in the past 15 years.

I understand that you may be a little skeptical, so I would absolutely love to work with you for a few training sessions at no cost, so I can prove to you that I am a true professional. I will show you why I am so sought after in the [REDACTED] area. I am very much looking forward to helping you anyway that I can. Give me a call or shoot me an email. References are available upon request. Talk to you soon, thank you!

Sincerely,

Mark Ruehle

Cell # [REDACTED]

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