



Scientific Approach • Lifelong Change

## Strength and Nutrition:

The key to unlocking peak performance in  
golfers



Anysley Fry Msc  
Registered S&C Coach



Sam Ferguson, MA  
Registered Nutritionist

### Topics Covered:

- Training for peak performance
- Fueling strength
- On course anxiety
- Management & prevention of chronic injuries



7 PM WEDNESDAY 3RD MARCH

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