



# Chuck Haley

COURTSPO RTS PERSONAL TRAINER

*Train Better to Play Better*

Chuck specializes in taking golfers through the Titleist Performance Institute's movement screening protocol, a complete array of tests that assess a "total picture" of your body, swing and equipment. He will then design a program that addresses your personal limitations in flexibility, strength and neuromuscular coordination.

Certified by the American Council on Exercise as a personal trainer, Chuck loves to take exercisers beyond the basics of circuit training into free weight work where they can attain higher levels of functional fitness and stay (or become) strong, even as the years advance. He believes strength training is the closest thing there is to a fountain of youth.



A Take Shape for Life weight loss coach, Chuck can help people address the nutritional side of fitness with a program designed to maximize health while taking weight off fast.



UNIVERSITY OF OREGON