

Medi-Dyne Announces Strategic Partnership with Golf Fitness Expert Kelly Blackburn

By Bottled Energy

Dated: Apr 22, 2008

The new partnership presents golfers with world-class fitness expertise using the latest innovations in stretching, strengthening and pain prevention; a combination that will improve any golfer's game and enable many others to play again.

Medi-Dyne Healthcare Products announced today a strategic partnership with acclaimed golf-fitness expert and author Kelly Blackburn. The partnership presents golf professionals and enthusiasts alike with world-class fitness expertise using the latest innovations in stretching, strengthening and pain prevention -- a combination that will improve the game of all golfers while enabling many golfers whose playing has been limited due to injury or pain to once again enjoy the game.

Ms. Blackburn, a fitness expert for PGA TOUR Professionals and a regular contributor to The Golf Channel explains, "I've trained thousands of amateurs and prepare many golfers for Q-school so I'm always looking for the latest health and fitness resources, truly innovative products that will work for both my Tour clientele as well as golf enthusiasts around the world. While there are other methods of stretching the core muscles, few provide both the position stability and portability of the CoreStretch."

Previously available only to physical therapists and athletic trainers, the CoreStretch has recently become available on the consumer market. Unlike conventional stretching methods that force the back to curve, the unique design of the CoreStretch elongates the back enabling a deeper more effective stretch of the muscles, tendons, and ligaments surrounding the core. The CoreStretch works on a three-plane swivel for up-and-down, side-to-side and twisting motion provides optimal stretching for three levels of fitness for the lower back, obliques, hip flexors, piriformis, glutes and hamstrings - enabling users to fit their individual needs.

Weighing about a pound, the CoreStretch is light-weight and collapsible, so it can conveniently be taken to the office, business travel or even kept in your golf bag so that it can be used daily, even several times a day in seated, standing or floor positions. The unique design of the CoreStretch ensures proper techniques so that users can achieve an effective, dynamic stretch without the risk of injury.

Recognizing the viability of the CoreStretch in the golf arena Blackburn has incorporated it into both her Golf Fitness product line and private training sessions. "It's become so popular that I've created an entire multi-level game-enhancement program around the CoreStretch and added it to my product line. It's a natural product for golfers at any level," notes Blackburn.

An eight-week class focusing on core strengthening and flexibility including the CoreStretch will begin in April on <http://www.TheGolfChannel.com>.

The CoreStretch and Kelly Blackburn's game-enhancement program are available in the Pro shop of <http://www.KellyBlackburn.com>.

###

Kelly Blackburn is a Fitness Trainer for PGA TOUR, Champions TOUR, Nationwide TOUR, LPGA TOUR Professionals and U.S Kids Golf Tour since 1994. With over 25 years experience in the fitness industry she has been featured in major magazines, newspaper publications and national television,

including The CBS Early Show and The Golf Channel. Ms. Blackburn conducts interactive workshops for corporate outings, PGA of America, LPGA, The Players Championship, Golf Schools, Fitness facilities and more and is a Continuing Education provider for Aerobics & Fitness Association of America.

Category	Sports, Lifestyle, Health
Tags	golf, strength, flexibility, Power, powerful golf swing, improve golf game, core strength
Email	Click to email author
Website	http://www.KellyBlackburn.com
Country	United States