

# Gulf Harbour Named One of America's Healthiest Clubs

News-Press | April 19<sup>th</sup>, 2015



Gulf Harbour Yacht & Country Club is now certified by Prevo Health Solutions as one of America's Healthiest Clubs. Prevo Health Solutions is a premier wellness solutions provider in the club industry. This recognition has only been awarded to a very small number of private clubs, just seven in Southwest Florida, with Gulf Harbour being the only one in Fort Myers.

"Gulf Harbour's membership is deserving of this award as they have always been committed to the excellence of their healthy lifestyle," said Mike Curran, Director of Tennis, Fitness & Spa. Curran, along with

the club's General Manager, Lonnie Eberhard, were the driving force to this certification.

"We knew our club was special, we just wanted to take it to the next level," said Eberhard.

Gulf Harbour gained this recognition through several healthy practices. The club was not only analyzed for its activities and programs for the membership, but also for the employees.

Being one of the most active tennis community in Southwest Florida, Gulf Harbour also has a vibrant Wellness Center that has been recently updated with Life Fitness cardio and weight equipment. On top of that, they offer 35 complimentary fitness classes each week, have six personal trainers, including a Health Coach, and a frequent 3 mile run/1mile walk within the community.

At Gulf Harbour's 18-hole championship golf course, you can play in numerous tournaments, holiday events, and social events throughout the year. They also have very active men's and ladies' golf associations.

After an active day at the Club, Johnny Brown's Restaurant and the new Waterside Grille offer an array of healthy items to re-energize. Entrées are with the freshest of ingredients. You may even find the Chef picking fresh vegetables and herbs from the vegetable garden. Fresh local fish is delivered daily.

Rick Ladendorf, President of Prevo Health Solutions had this to say, "Gulf Harbour Yacht & Country Club exemplifies the club of the future, which is both relevant and current; where the health and well-being of the members is a driving force in creating an active and vibrant culture. With the support of the Board, Lonnie and his team of wellness enthusiasts are aligned with the club's vision and have the skills and credentials to execute the club's vision. Congratulations Gulf Harbour Yacht & Country Club for qualifying as one of America's Healthiest Clubs."