

GOLF FOR HEALTH

Murray et al., 2016: British Journal of Sports Medicine

Aerobic Activity
(when walking
18 holes)

~ 17,000 steps
~ 1200kcal
~ 4-8 miles



Potential to
strengthen
muscle groups



Golfers/Active
People have an
improved risk
of mortality.
Golfers live
longer.



Aerobic Activity
(when carting
18 holes)

~ 6000 steps
~ 600kcal
~ 4 miles



PHYSICAL ACTIVITY IS JUST GOOD FOR YOU...

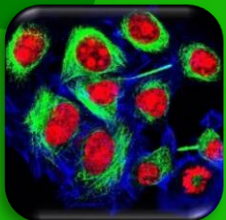
Research shows us that regular physical activity can:



↑ Improve self-belief

↑ Improve self-esteem

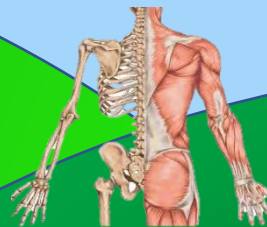
↑ Improve self-worth



↓ Risk of colon & breast cancer



↑ Improved risk factors of Cardiovascular disease



↑ Improved balance, mobility and strength in seniors



↑ Improved lung function in seniors